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to beat colds,  
pudge & stress

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he thinks  
are sexy

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# REDBOOK

“  
When  
Hillary  
walked  
in, the  
chemistry  
between  
the three  
of us  
was like  
nothing  
else.”

DAVE HAYWOOD

Turn for  
more covers! ▶

Win  
concert tickets  
and a trip  
backstage to  
meet the band.

ENTER FOR A  
CHANCE TO WIN,  
PAGE 193

HERE'S LADY A! Hillary, top, Dave  
Haywood, left, and Charles Kelley, right

Release: StoreMags & FantaMag



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with  
life*



\*NOURISH+ shampoo and conditioner vs non-conditioning shampoo  
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# REDBOOK

“Any time I perform a sad song, I let myself go. There are nights I get choked up onstage.”

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We're giving away Lady A's latest CD, *Own the Night*.

ENTER FOR A CHANCE TO WIN, PAGE 193





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Later, gator.





# RED BOOK



“  
**I’m a  
normal-  
size person.  
I know  
I will never  
be a size 2,  
and that’s  
okay  
with me.**  
”

Win  
Hillary’s  
gorgeous  
cover style!

ENTER FOR A  
CHANCE TO WIN,  
PAGE 14



**"WE ALL HAVE TO DO 10  
THINGS AT ONCE. PERFECTLY."**

Julianna Margulies

\*SPF 20 Day formula contains Pure Retinol clinical-grade ingredient.  
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Men / Women / Kids / Home

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## WIN HER LOOK

We're giving away a sparkly dress  
and jewelry, inspired by Hillary's glitziest  
cover style, to 10 very lucky readers!  
(See page 193 for details.)



Dress, Minuet, \$105;  
modcloth.com. Earrings,  
Martine Wester, \$131;  
martinewester.com.  
Bangle, Shop4Sparkles,  
\$19; shop4sparkles.com.

### Get this glam!

Replicate Hillary's  
gorgeous makeup and  
lush hair with Color  
Design eyeshadow  
in Volcano (above),  
\$18, Le Crayon Khôl  
eyeliner in Black  
Ebony (right), \$24.50,  
and L'Absolu Nu  
lipcolor in Beige Tulle,  
\$29, by Lancôme;  
and Studio Line Body  
Builder Mousse (right),  
\$4.99, by L'Oréal Paris.



Lady Antebellum  
photographed exclusively  
for REDBOOK by  
Matthew Rolston. Hair  
and makeup: Terri  
Apanasewicz for Cloutier  
Remix, using TreSemmé  
for hair and Dior Beauty  
for makeup. Manicure:  
Rachel Dwyer. Stylist:  
Julie Matos at Ford. Gown:  
Rafael Cennamo.  
Earrings: H. Stern.  
Second cover: Dress:  
Giambattista Valli.  
Earrings: Miriam Salat/  
Bochic. Bracelet: Bochic.  
Ring: H. Stern. Men's  
tuxedo shirts: Prada.  
Tuxedo pants: Gucci. Tie:  
J. Lindeberg. Silver and  
leather bracelet:  
worldjeanshop.com.  
Other jewelry: artists' own.  
Third cover: Jacket:  
J. Mendel. Top: Fendi.  
Earrings, black-and-gold  
ring: Alexis Bittar. Gold  
ring, silver-and-black ring:  
H. Stern. Fourth cover  
(at left): Dress: David  
Meister. Earrings: Oscar  
de la Renta. Bracelet:  
Atelier Swarovski. Ring:  
Miriam Salat/Bochic.







### Keri

is a Force of Beauty. She's a risk-taker, a skateboarder and a dedicated wife and mom. Scan this Beauty Mark with a QR reader to see how Keri's beauty affects her world.

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## 7 things worth doing this month

*This is the part of winter I love*, when we all give each other presents and feel lucky when it snows. It's only later that we have to pay the credit card bills and shovel—wait, let's not go there! For now, I'm excited to... **» Marinate in family history.** I recently stumbled across a trove of old family photos—so evocative, so glamorous. I'm framing a



My Granny on her wedding day (above), and (below) the perfect punch for the party I swear I will host. Get the recipe at [redbookmag.com/holidaypunch](http://redbookmag.com/holidaypunch).



Jodie Foster, John C. Reilly, Christoph Waltz, and Kate Winslet in the razor-sharp *Carnage*.

bunch so my kids can see where we come from (and how much better people dressed in the '50s). **» Debate the new movie *Carnage***, in which a playground scuffle between two boys turns into a fur-flying melee among their parents. **» Throw a party.** To my friends who are rolling their eyes, I say, Stop! I'm really doing it this



year, because I have the game plan on page 174. **» Take my daughters to work** at least once during their vacation. Everyone at our photo shoot with Gretchen Mol said she lit up like a Christmas tree when her kids, Ptolemy and Winter, arrived. It's a treat every working woman deserves. **» Give, of course!** My husband and I pick a night each December to open a bottle of wine and write checks to charities we've supported for years. (For me, the Children's Aid Society goes back two decades.) It's the quietest but somehow most thrilling night of the season. For the rest of my list,

I'm turning to our "100 Under \$50" gift guide (page 35), where I can shop blissfully with no Visa-bill aneurysm come January. Winter's looking better already.

*Jill*  
Jill Herzig, Editor-in-Chief  
[Redbooked@hearst.com](mailto:Redbooked@hearst.com)  
[@RedbookJill](https://twitter.com/RedbookJill)



Gretchen Mol wears the best accessory ever, and she made it herself: her baby girl, Winter! Check out the star's beauty tricks on page 150.

We couldn't stop shopping! Find dozens more gifts under \$50 at [redbookmag.com/2011gifts](http://redbookmag.com/2011gifts), including these finds: T-shirt, Tiny Revolutionary, \$22 (\$1 of which goes to the charity of your choice); tinyrevolutionary.com. Earrings, Sorelli, \$18.40; [sorelli.com](http://sorelli.com).



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*mon parfum*



*Paloma Picasso*



# redbookmag.com

DECEMBER'S CLICK LIST

## Baby, it's hot in here ●

**redbookmag.com/steamysextips**

Spice things up this month with 40 sex tips that will knock your socks off (along with everything else). Plus, how to put yourself in the mood in less than one minute. Ready, set, quickie!



tweet!  
tweet!



Tell us and other readers what you're hoping to get for the holidays @redbookmag with #redbooksanta. (Maybe send your guy the link too!)



## ● Holiday cocktails to get you toasty-happy

**redbookmag.com/holidaydrinks**

Somebody grab the bourbon, because we've got eight delish drink recipes to serve at your next party—or when you're just snuggling up beside the fire.

## Gorgeous wrapping ideas ●

**redbookmag.com/giftwrapping**

Get your D.I.Y. on with easy and super-pretty ways to package everything from toys to hostess gifts. The best part: You already have most of the supplies.



## FREE GIFTS FOR YOU!

You're buying presents for everyone else—and we say it's time for a reward. This month, we're giving away tons of fun items from PureWow.com, including makeup, jewelry, and a skin-care set that will have you glowing. Enter for a chance to win your swag at redbookmag.com.



## REDBOOK'S HOT HUSBAND OF THE MONTH

**Name:** Nate Miller, 37, Ankeny, IA

**Job:** Contractor

**Family:** Married 13 years; father of Caden, 7, and Sophia, 5



For months after they met at Iowa State University, Nate and his now-wife, Denise, were just friends, but that didn't stop her from referring to him as "Hottie Nate Miller" to her sorority sisters. "He has the most beautiful blue eyes," says Denise, who was surprised when he asked her out. (And thrilled. Did we mention thrilled?) Two years later, they were married. "Now I think he's even hotter!" she says. "He can change the oil in our 1966 Mustang, build a dollhouse, and replumb the shower all in one weekend." When Nate's not taking care of the little things, he's planning the big stuff: "On our anniversary this year, he surprised me with a renewal of our vows," says Denise. "We were camping with our kids and we walked to the top of a hill where he asked, 'Will you marry me again?' I turned around to see our pastor, family, and friends all standing there. It was amazing." Best story ever.



## MORE, MORE, MORE!

Want some extra eye candy? Click through our gallery of this year's 25 finalists for America's Hottest Husband at redbookmag.com/hotusbands2012.



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Andie MacDowell

Andie is wearing Visible Lift Smooth Absolute in Sand Beige (172).  
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\*Based on objective measures, among women 50–59 years old.

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"Please give us more articles on amazing single moms and our unique and joyful challenges!"

#### THAT'S NOT A COMPLIMENT!

Great job with "Please Don't Call This a 'Revenge Body'" [October]. I haven't been through a divorce, but I stay slim by running, and I have friends who comment on my weight every time I see them. I agree with the writer that people should stop making such a fuss over outward appearance and focus on what's inside instead. —KRISTIN KAIL, *Denver*

Thank you for "Please Don't Call This a 'Revenge Body.'" Every month I read REDBOOK and appreciate the info, but I also wonder where all of the divorced, single, working mothers like me are. Please give us more articles on amazing single moms and our unique and joyful challenges! —ANNE ISAAKS, *San Diego*

#### STRENGTH IN NUMBERS

I'm a recovering alcoholic, and I was alone for the night for the first time since marrying my husband five months ago and was truly feeling lost without him. But then I opened up my REDBOOK right to "Mommy Is an Alcoholic" [October]. I started crying on the spot—I read the whole article right then and there. And for the first time in a long time, I didn't feel so alone. —ANONYMOUS

#### THESE GUYS ARE AWESOME

Kudos to the men featured in your piece on stay-at-home dads ["Happy to be SAHD," October]. In a day-care-saturated world, those kids will appreciate having a parent to raise them!

—JOYCE HANZ, *Pittsburgh*

#### THOUGHTLESS WORDS

I enjoy the lighthearted pieces that are included throughout your magazine. I was deeply offended, however, by the anti-gay message that was overlooked in "10 Shortcuts to Wedded Bliss" [October]. The writer tells her husband, "I promise not to make you play Peter Pan to my Wendy on Halloween again. You *did* look gay." Too many children and adults use the term *gay* to mean something silly, effeminate, or different. *Gay* is a term describing a group of people who wish to be treated fairly and not get made fun of, especially in a national magazine such as yours. —JANINE KONIA, *Mililani, HI*

**EDITOR'S NOTE:** We got several letters like this, and learned from them all. Thank you for reminding us that stereotyping is never, ever right. We apologize to any and all we offended. REDBOOK readers are our best teachers; this won't happen again.

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This month's **STAFF CHALLENGE:**  
Catch the holiday spirit! Do one  
thing to make a difference for  
children in need. (For more ways to help  
this season, see page 142.)

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"I've donated  
children's  
books to  
libraries affected  
by Hurricane  
Irene in Vermont  
and upstate  
New York,  
so those  
kids will have  
stories to  
read over  
holiday break."  
—HOLLAND

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"For my sons'  
school gift drive  
for kids in need,  
families buy  
gifts, wrap  
them, and  
attach cards.  
Whatever toys  
my own  
little boys  
have on their  
lists, we grab a  
few extras. I  
trust their taste!"  
—JENNIE

"My nieces and  
nephews, ages  
3 to 11, are  
shooting up like  
weeds! I'm going  
to help them sort  
through all the  
clothes they've  
outgrown this  
year; then we'll  
head to a local  
homeless shelter  
and donate  
them. I want to  
teach the spirit  
of giving."  
—CLAIRE

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This month's **STAFF CHALLENGE:**  
Make the holidays brighter  
for underprivileged kids. (For  
inspiration, see page 142.)

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"Rather  
than get each  
other gifts,  
my husband  
and I buy  
presents for a  
child in need.  
Our church is  
happy to  
connect us.  
Added bonus?  
We have a  
blast shopping  
together."  
—AMY

"This year  
I'm starting a  
new tradition:  
I'm going to  
buy children's  
gifts and drop  
them off at a  
local nursing  
home. It  
brings a smile  
to my face  
knowing I can  
help an older  
person  
surprise their  
grandchildren  
on Christmas  
and  
Hanukkah."  
—LYNN

"For the  
holidays,  
I make a  
donation to  
K.I.D.S. (Kids  
in Distressed  
Situations).  
For every  
\$1 donated,  
they give  
\$10 worth of  
new books,  
clothes, and  
toys to  
children  
stricken by  
poverty,  
abuse, major  
illness, or  
disaster."  
—LUCINDA

## IMPORTANT SAFETY INFORMATION Continued

Serious and/or immediate allergic reactions have been reported. They include: itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint. Tell your doctor or get medical help right away if you are wheezing or have asthma symptoms, or if you become dizzy or faint.

**Do not take BOTOX® Cosmetic if you:** are allergic to any of the ingredients in BOTOX® Cosmetic (see Medication Guide for ingredients); had an allergic reaction to any other botulinum toxin product such as Myobloc®, Dysport®, or Xeomin®; have a skin infection at the planned injection site.

**Tell your doctor about all your muscle or nerve conditions,** such as amyotrophic lateral sclerosis (ALS or Lou Gehrig's disease), myasthenia gravis, or Lambert-Eaton syndrome, as you may be at increased risk of serious side effects including severe dysphagia (difficulty swallowing) and respiratory compromise (difficulty breathing) from typical doses of BOTOX® Cosmetic.

**Tell your doctor about all your medical conditions, including:** plans to have surgery; had surgery on your face; weakness of forehead muscles, such as trouble raising your eyebrows; drooping eyelids; any other abnormal facial change; are pregnant or plan to become pregnant (it is not known if BOTOX® Cosmetic can harm your unborn baby); are breast-feeding or plan to breast-feed (it is not known if BOTOX® Cosmetic passes into breast milk).

BOTOX® Cosmetic contains albumin, a protein component of human blood. The potential risk of spreading viral diseases [e.g. Creutzfeldt-Jakob Disease (CJD)] via human serum albumin is extremely rare. No cases of viral diseases or CJD have ever been reported in association with human serum albumin.

**Tell your doctor about all the medicines you take,** including prescription and nonprescription medicines, vitamins, and herbal products. Using BOTOX® Cosmetic with certain other medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX® Cosmetic in the past.**

Especially tell your doctor if you: have received any other botulinum toxin product in the last 4 months; have received injections of botulinum toxin, such as Myobloc®, Dysport®, or Xeomin® in the past (be sure your doctor knows exactly which product you received); have recently received an antibiotic by injection; take muscle relaxants; take an allergy or cold medicine; or take a sleep medicine.

**Other side effects of BOTOX® Cosmetic include:** dry mouth, discomfort or pain at the injection site, tiredness, headache, neck pain, and eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, and dry eyes.

For more information refer to the Medication Guide or talk with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

**Please refer to full Medication Guide on the following page.**

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## “Once You Get It, You Really Get It.”

Why millions of women have experienced **BOTOX® Cosmetic**.

Proven year after year...with real, noticeable results. **BOTOX® Cosmetic** is a prescription medicine that is injected into muscles to temporarily treat moderate to severe frown lines between the brows of adults ages 18 to 65. Ask your doctor if **BOTOX® Cosmetic** is right for you. There's only one **BOTOX® Cosmetic**.

Results may vary. 8 out of 10 women achieved clinically significant results at day 30 in clinical trials.

**BOTOX®**  
—Cosmetic  
*onabotulinumtoxinA*

*There's only one BOTOX® Cosmetic*

Go to **BotoxCosmetic.com** now to find a doctor and sign up for exclusive invitations, special offers, and great savings on treatments.

### IMPORTANT SAFETY INFORMATION

**BOTOX® Cosmetic may cause serious side effects that can be life threatening. Call your doctor or get medical help right away if you have any of these problems any time (hours to weeks) after injection of BOTOX® Cosmetic:**

- **Problems swallowing, speaking, or breathing**, due to weakening of associated muscles, can be severe and result in loss of life. You are at the highest risk if these problems are pre-existing before injection. Swallowing problems may last for several months.
- **Spread of toxin effects.** The effect of botulinum toxin may affect areas away from the injection site and cause serious symptoms including: loss of strength and all-over muscle weakness, double vision, blurred vision and drooping eyelids, hoarseness or change or loss of voice (dysphonia), trouble saying words clearly (dysarthria), loss of bladder control, trouble breathing, trouble swallowing. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

**The dose of BOTOX® Cosmetic is not the same as, or comparable to, another botulinum toxin product.**

There has not been a confirmed serious case of spread of toxin effect when BOTOX® Cosmetic has been used at the recommended dose to treat frown lines.

**By prescription only.**  
**1-800-BOTOX-MD**

See adjacent page for additional safety information associated with **BOTOX® Cosmetic**

Paid model who has received BOTOX® Cosmetic.

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## MEDICATION GUIDE

### **BOTOX® and BOTOX® Cosmetic (Boe-tox) (onabotulinumtoxinA) for Injection**

Read the Medication Guide that comes with **BOTOX®** or **BOTOX® Cosmetic** before you start using it and each time it is given to you. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. You should share this information with your family members and caregivers.

#### **What is the most important information I should know about BOTOX® and BOTOX® Cosmetic?**

**BOTOX® and BOTOX® Cosmetic may cause serious side effects that can be life threatening. Call your doctor or get medical help right away if you have any of these problems after treatment with BOTOX® or BOTOX® Cosmetic:**

- **Problems swallowing, speaking, or breathing.** These problems can happen hours to weeks after an injection of **BOTOX®** or **BOTOX® Cosmetic** usually because the muscles that you use to breathe and swallow can become weak after the injection. Death can happen as a complication if you have severe problems with swallowing or breathing after treatment with **BOTOX®** or **BOTOX® Cosmetic**.
- People with certain breathing problems may need to use muscles in their neck to help them breathe. These patients may be at greater risk for serious breathing problems with **BOTOX®** or **BOTOX® Cosmetic**.
- Swallowing problems may last for several months. People who cannot swallow well may need a feeding tube to receive food and water. If swallowing problems are severe, food or liquids may go into your lungs. People who already have swallowing or breathing problems before receiving **BOTOX®** or **BOTOX® Cosmetic** have the highest risk of getting these problems.
- **Spread of toxin effects.** In some cases, the effect of botulinum toxin may affect areas of the body away from the injection site and cause symptoms of a serious condition called botulism. The symptoms of botulism include:
  - loss of strength and muscle weakness all over the body

- double vision
- blurred vision and drooping eyelids
- hoarseness or change or loss of voice (dysphonia)
- trouble saying words clearly (dysarthria)
- loss of bladder control
- trouble breathing
- trouble swallowing

These symptoms can happen hours to weeks after you receive an injection of **BOTOX®** or **BOTOX® Cosmetic**.

These problems could make it unsafe for you to drive a car or do other dangerous activities. See "What should I avoid while receiving **BOTOX®** or **BOTOX® Cosmetic**?"

There has not been a confirmed serious case of spread of toxin effect away from the injection site when **BOTOX®** has been used at the recommended dose to treat chronic migraine, severe underarm sweating, blepharospasm, or strabismus, or when **BOTOX® Cosmetic** has been used at the recommended dose to treat frown lines.

#### **What are BOTOX® and BOTOX® Cosmetic?**

**BOTOX®** is a prescription medicine that is injected into muscles and used:

- to prevent headaches in adults with chronic migraine who have 15 or more days each month with headache lasting 4 or more hours each day.
- to treat increased muscle stiffness in elbow, wrist, and finger muscles in adults with upper limb spasticity.
- to treat the abnormal head position and neck pain that happens with cervical dystonia (CD) in adults.
- to treat certain types of eye muscle problems (strabismus) or abnormal spasm of the eyelids (blepharospasm) in people 12 years and older.

**BOTOX®** is also injected into the skin to treat the symptoms of severe underarm sweating (severe primary axillary hyperhidrosis) when medicines used on the skin (topical) do not work well enough.

**BOTOX® Cosmetic** is a prescription medicine that is injected into muscles and used to improve the look of moderate to severe frown lines between the eyebrows (glabellar lines) in adults younger than 65 years of age for a short period of time (temporary).

It is not known whether **BOTOX®** is safe or effective in patients younger than:

- 18 years of age for treatment of chronic migraine
- 18 years of age for treatment of spasticity
- 16 years of age for treatment of cervical dystonia
- 18 years of age for treatment of hyperhidrosis
- 12 years of age for treatment of strabismus or blepharospasm

**BOTOX® Cosmetic** is not recommended for use in children younger than 18 years of age.

It is not known whether **BOTOX®** and **BOTOX® Cosmetic** are safe or effective to prevent headaches in patients with migraine who have 14 or fewer headache days each month (episodic migraine).

It is not known whether **BOTOX®** and **BOTOX® Cosmetic** are safe or effective for other types of muscle spasms or for severe sweating anywhere other than your armpits.

#### **Who should not take BOTOX® or BOTOX® Cosmetic?**

Do not take **BOTOX®** or **BOTOX® Cosmetic** if you:

- are allergic to any of the ingredients in **BOTOX®** or **BOTOX® Cosmetic**. See the end of this Medication Guide for a list of ingredients in **BOTOX®** and **BOTOX® Cosmetic**.
- had an allergic reaction to any other botulinum toxin product such as *Myobloc®*, *Dysport®*, or *Xeomin®*
- have a skin infection at the planned injection site

#### **What should I tell my doctor before taking BOTOX® or BOTOX® Cosmetic?**

**Tell your doctor about all your medical conditions, including if you have:**

- a disease that affects your muscles and nerves (such as amyotrophic lateral sclerosis [ALS or Lou Gehrig's disease], myasthenia gravis or Lambert-Eaton syndrome). See "What is the most important information I should know about **BOTOX®** and **BOTOX® Cosmetic**?"
- allergies to any botulinum toxin product
- had any side effect from any botulinum toxin product in the past
- a breathing problem, such as asthma or emphysema
- swallowing problems



- bleeding problems
- plans to have surgery
- had surgery on your face
- weakness of your forehead muscles, such as trouble raising your eyebrows
- drooping eyelids
- any other change in the way your face normally looks
- are pregnant or plan to become pregnant. It is not known if **BOTOX®** or **BOTOX® Cosmetic** can harm your unborn baby.
- are breast-feeding or plan to breastfeed. It is not known if **BOTOX®** or **BOTOX® Cosmetic** passes into breast milk.

**Tell your doctor about all the medicines you take**, including prescription and nonprescription medicines, vitamins and herbal products. Using **BOTOX®** or **BOTOX® Cosmetic** with certain other medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX® or BOTOX® Cosmetic in the past.**

Especially tell your doctor if you:

- have received any other botulinum toxin product in the last four months
- have received injections of botulinum toxin, such as *Myobloc®* (rimabotulinumtoxinB), *Dysport®* (abobotulinumtoxinA), or *Xeomin®* (incobotulinumtoxinA) in the past. Be sure your doctor knows exactly which product you received.
- have recently received an antibiotic by injection
- take muscle relaxants
- take an allergy or cold medicine
- take a sleep medicine

**Ask your doctor if you are not sure if your medicine is one that is listed above.**

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.

### **How should I take BOTOX® or BOTOX® Cosmetic?**

- **BOTOX®** or **BOTOX® Cosmetic** is an injection that your doctor will give you.
- **BOTOX®** is injected into your affected muscles or skin.
- **BOTOX® Cosmetic** is injected into your affected muscles.
- Your doctor may change your dose of **BOTOX®** or **BOTOX® Cosmetic**, until you and your doctor find the best dose for you.
- Your doctor will tell you how often you will receive your dose of **BOTOX®** or **BOTOX® Cosmetic** injections.

### **What should I avoid while taking BOTOX® or BOTOX® Cosmetic?**

**BOTOX®** and **BOTOX® Cosmetic** may cause loss of strength or general muscle weakness, or vision problems within hours to weeks of taking **BOTOX®** or **BOTOX® Cosmetic**. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.** See "What is the most important information I should know about **BOTOX®** and **BOTOX® Cosmetic**?"

### **What are the possible side effects of BOTOX® and BOTOX® Cosmetic?**

**BOTOX®** and **BOTOX® Cosmetic** can cause serious side effects. See "What is the most important information I should know about **BOTOX®** and **BOTOX® Cosmetic**?"

### **Other side effects of BOTOX® and BOTOX® Cosmetic include:**

- dry mouth
- discomfort or pain at the injection site
- tiredness
- headache
- neck pain
- eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, and dry eyes.
- allergic reactions. Symptoms of an allergic reaction to **BOTOX®** or **BOTOX® Cosmetic** may include: itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint.

Tell your doctor or get medical help right away if you are wheezing or have asthma symptoms, or if you become dizzy or faint.

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of **BOTOX®** and **BOTOX® Cosmetic**. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

### **General information about BOTOX® and BOTOX® Cosmetic:**

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide.

This Medication Guide summarizes the most important information about **BOTOX®** and **BOTOX® Cosmetic**. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about **BOTOX®** and **BOTOX® Cosmetic** that is written for healthcare professionals. For more information about **BOTOX®** and **BOTOX® Cosmetic** call Allergan at 1-800-433-8871 or go to [www.botox.com](http://www.botox.com).

### **What are the ingredients in BOTOX® and BOTOX® Cosmetic?**

Active ingredient: botulinum toxin type A  
Inactive ingredients: human albumin and sodium chloride

### **Issued: 10/2010**

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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NEW YORK

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Of course you lurve your hubby, but you can think his BFF is hot.

## HAVE YOU EVER HAD A CRUSH

ON ONE OF YOUR HUSBAND'S FRIENDS?

YES  
42% NO WAY!  
58%

# SPILL VENT GOSSIP GO!

EVERYTHING  
YOU CAN'T STOP  
TALKING ABOUT  
RIGHT NOW



**DROP THE BEARD!**

HOW DID YOUR KIDS  
FIND OUT THE TRUTH  
ABOUT SANTA?

36%

**I TOLD  
THEM**

46%

**THEY HEARD  
IT FROM  
OTHER KIDS**

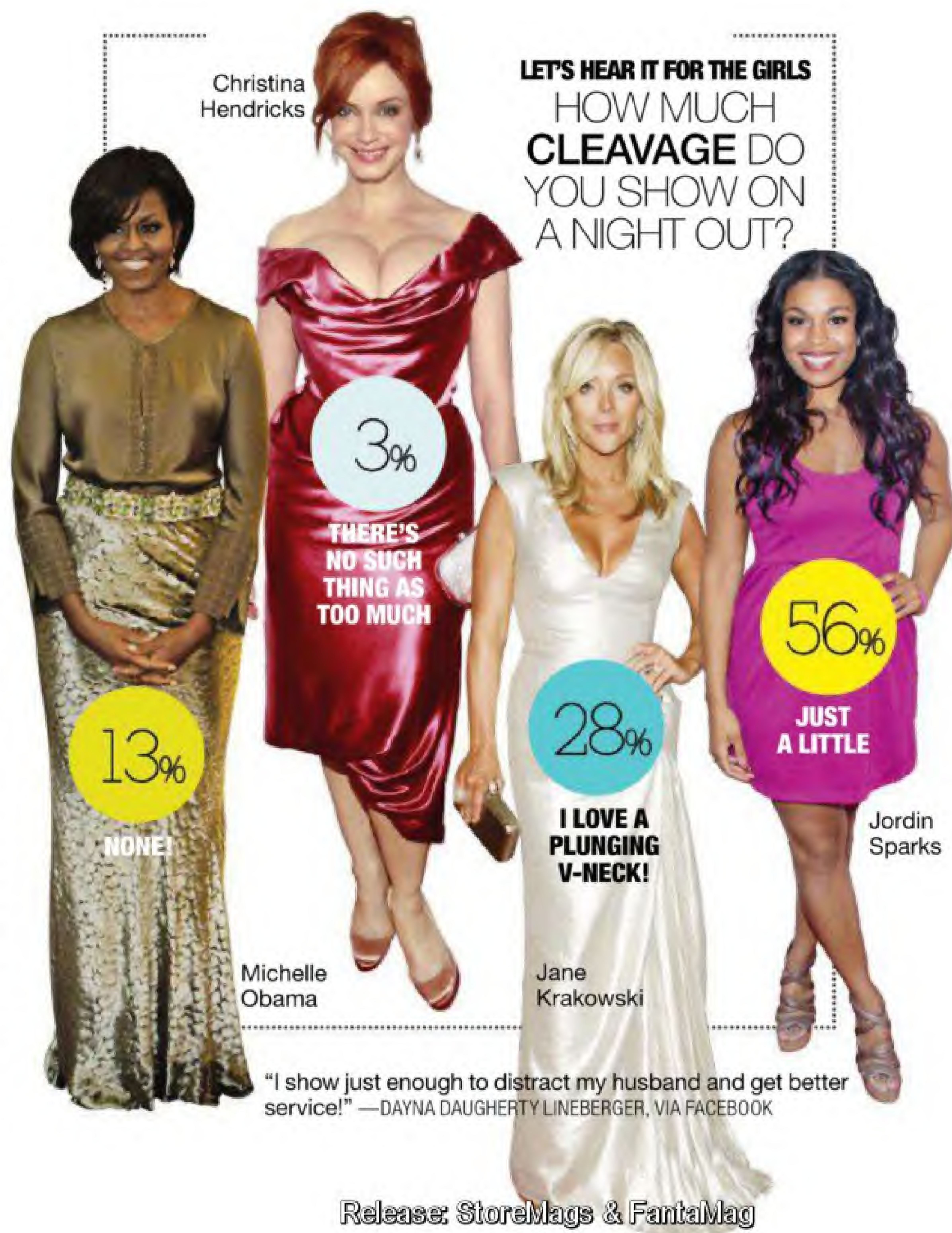
18%

**THEY  
STILL  
BELIEVE!**

"My daughter was 8 when her older brother told her that he ran Santa over with his truck. She didn't believe him, so he told her to check the tags on Christmas morning, and she'd see my handwriting—thus proving I'd taken over the job. Come December 25, she was very upset that her brother had killed Santa. It took us days to make her understand the real deal!" —DEBBI BERENZ, RIDGE, NY

"My husband played Santa for our community for years, and our sons learned the truth when they walked in on him putting on his white beard. But it wasn't all bad—they took great pleasure in knowing that their dad was Santa and that none of the other kids knew." —LALANI JOHNSON, LANDER, WY

"When my son was 8, he wouldn't stop asking for the facts about Santa. I told him if he really wanted to know, I would tell him, and he said he already knew that Santa didn't exist but he wanted to hear it from me. As soon as I said the words, he burst into tears. Turns out, he didn't want the truth at all!" —JAYNE KING, NORTH TONAWANDA, NY



Christina  
Hendricks

3%

**THERE'S  
NO SUCH  
THING AS  
TOO MUCH**

13%

**NONE!**

Michelle  
Obama

28%

**I LOVE A  
PLUNGING  
V-NECK!**

Jane  
Krakowski

56%

**JUST  
A LITTLE**

Jordin  
Sparks

"I show just enough to distract my husband and get better service!" —DAYNA DAUGHERTY LINEBERGER, VIA FACEBOOK



STRING 'EM UP!

DO YOU HAVE WHITE OR COLORED LIGHTS  
WHEN YOU DECORATE FOR THE **HOLIDAYS?**

42%  
WHITE

28%  
COLORED

30%  
BOTH

**MOMMY BLOGGER SOUND-OFF**

9 THINGS **NEVER** TO  
SAY TO A WOMAN... IF YOU  
WANT TO GET **LUCKY**

- "Quiet, or you'll wake my mom."
- "Leave the lights on—I want to make a video."
- "I'll be quick! You don't even have to take your bra off."
- [Singing] "If you want my body, and you think I'm seeeeeexy..."
- "But it's been two whole days!"
- "You know you want it." (Or any other line quoted from porn.)
- "C'mere—there are still two minutes left in halftime."
- "Pleeeeeeeaaaase?! Pleeeeeeeeeeeaaaase?"

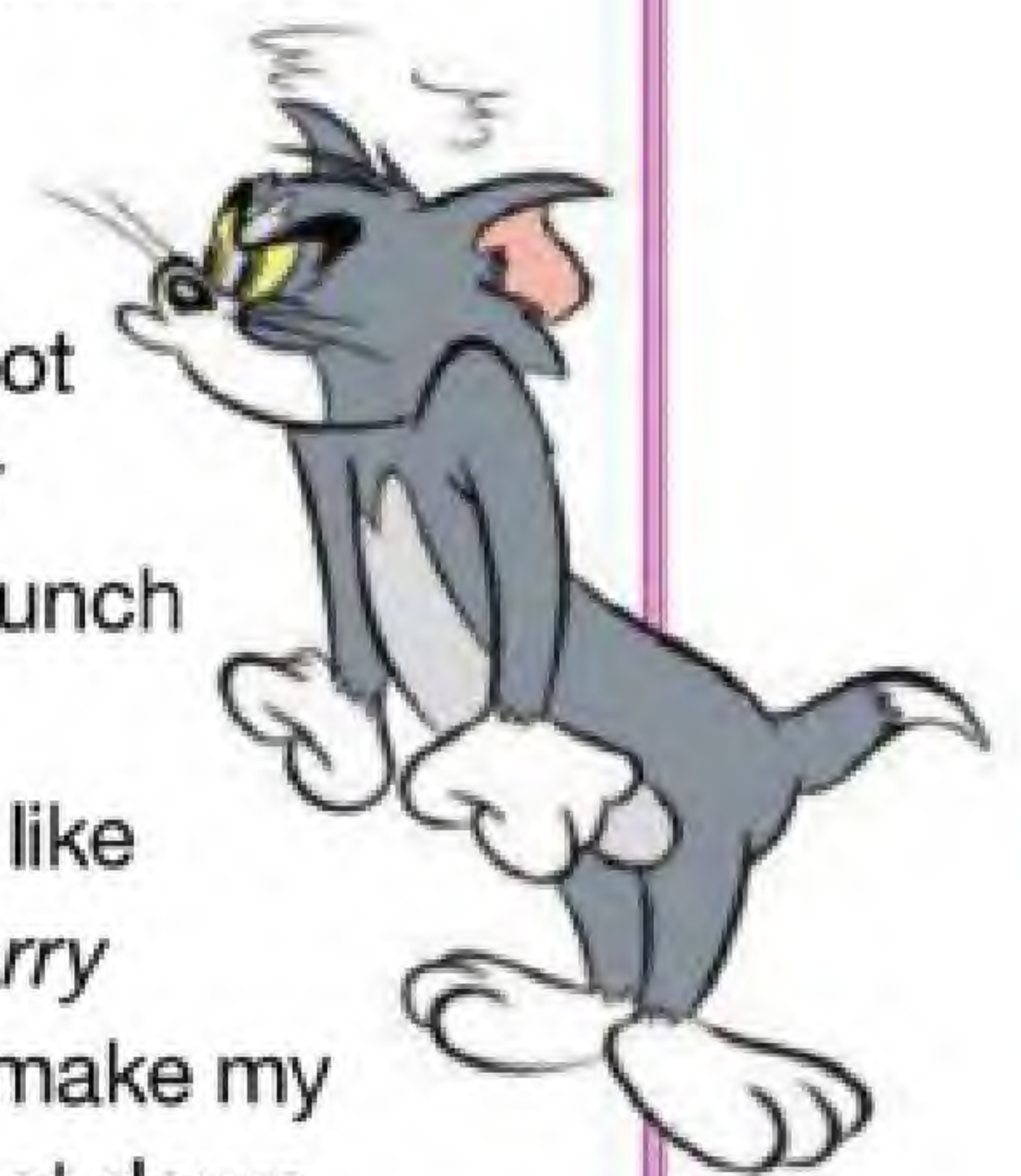
—COMPILED BY TANIS MILLER, THEREDNECKMOMMY.COM



**WOW, THAT WAS  
EMBARRASSING**

YEEEEOWCH!

"After my grandparents passed away, my family got together to clean out their house. My cousin laid a bunch of rakes in the yard, so I pretended to step on one like they do in old *Tom and Jerry* cartoons. My aim was to make my dad laugh, but I put my foot down wrong, causing the rake to actually slap me in the eye with an audible crack. The upside? My giant shiner was a major source of humor during a sad weekend." —A.E., CHICAGO



**MAY WE SUGGEST...**

"I was a waitress at a really nice restaurant, and four people came in and ordered the best of everything on the menu. When they picked their wine, I suggested a better bottle I thought they would prefer. Then a woman at the table told me they *owned* the winery they'd ordered from. But what was even worse was they were gracious about it—and took my suggestion!" —A.C., CORVALLIS, OR

**THOSE ARE ANGEL WINGS, HON.**

"I was driving with my young son, wearing a sleeveless dress and gripping the steering wheel, when he said, 'What are those things on your arms?' After I told him there was nothing there, he reached over and jiggled my upper-arm flab. 'These things!' he said. Talk about the honesty of a child!" —E.M., LOS ANGELES

**GO, BABY, GO!**  
HOW LONG DID  
IT TAKE YOU TO  
**LOSE** THE  
BABY WEIGHT?

**I DID IT WITHIN  
SIX MONTHS**

**43%**

**IT TOOK ME  
ABOUT A YEAR**

**13%**

**IT TOOK ME  
TWO YEARS**

**6%**

**ER... I'M STILL  
WORKING ON IT**

**38%**



Mariah Carey, five months after having twins



Victoria Beckham, two months after baby #4



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# WHILE VISIONS OF CARDIGANS DANCED IN THEIR HEADS

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SWEATERS STARTING AT \$17.99



# "I'M TELLING MY SECRETS"

Blogger Jill Smokler wondered how honest women would be if she created a judgment-free confessional online. She had *no* idea.



**I** imagine walking into a PTA meeting and being asked by a fellow parent how your kids are doing. You sigh audibly and say, "I tried for seven years to get pregnant, and now that I'm a mom, I wonder if it was worth it."

Visualize yourself bumping into a neighbor who asks after your teenage daughter. You respond flatly, "I kiss her good-bye in the morning, then I close the front door and flip her off with both hands."

Now picture yourself at book club. In the middle of small talk, you say, "I wish I could be happy for my best friend's amazing children, happy marriage, and perfect life, but I'm seething with jealousy."

Pretty far-fetched scenarios, right? Yet the quotes above are real: They all came from an anonymous "confessional" on my website, Scary Mommy. I started the section because I got tired of the shiny-happy parenting reports filling up my Facebook feed. I knew I wasn't the only mom who wanted to slam the door in my kid's face every once in a while, or

temporarily favored one child over the other. I wasn't proud of those moments, and thinking I was alone in having them made me feel even more helpless.

So I built a virtual confessional for people like me, and made it a safe place by barring judgment of any kind. Women post their feelings in the raw, and readers have three reaction options: They can click "Like," "OMG, Me Too!" or "Hug." There's no "Dislike" or "Eye Roll" button. I left no room for superiority or snark—we all face enough of that in the *real* world.

The response was phenomenal. Anonymously, mothers were willing to get down and dirty about what parenting really looks like. Sometimes, we yell too loudly and make poor choices. And finally, we're being honest about it. Halle-freaking-lujah!

The need to vent is universal, and so is the craving for understanding. I get emails from people who type and delete the same confession a dozen times before having the courage to submit. When they



finally do, their words are met with 20, 30, or 200 OMG Me Too's. One woman wrote, "If it wasn't for the confessional, I'd be convinced I'm the only mother who'd ever felt like a failure. I no longer do." And then there are the confessions that deal with depression or illness or a deeply troubled child. People might not necessarily relate, but they want to offer their support. If, for whatever reason, those moms aren't getting the real-life hugs they need, a virtual one can do wonders.

Confessing online feels so good—imagine how liberating it would be to speak the same words over a beer with girlfriends? It might be like therapy: You unload your darkest, most embarrassing thoughts, and then you're able to move on (only it's free)! We encourage our kids to talk about their emotions, but as parents, we do the opposite.

It's too bad; when close friends lend you perspective, you almost instantly become a better mother.

Of course, getting comfortable with that kind of honesty hinges on having friends that act as a cheering squad, not hecklers. Motherhood binds us: We are all on this crazy ride together, loving our kids the absolute best ways we can, trying to survive another day. So why the condemnation? Why does identifying someone as a poor mother make us feel better about ourselves? There is no trophy for best parenting, and nothing to be gained from pitting ourselves against one another. After all, we play for the same team: our kids. **R**

*Jill Smokler blogs about motherhood at [scarymommy.com](http://scarymommy.com). Her first book, *Confessions of a Scary Mommy*, comes out in April.*



The imperfect family: The author and her kids, Lily, 7, Evan, 3, and Ben, 5.

### IT'S NO-JUDGMENT DAY!

For every mother who is doing the best she can (and yes, that's all of us), we're starting a movement to banish mom-on-mom criticism and start supporting each other. We're declaring November 30 "No-Judgment Day." Go to [redbookmag.com/motherboard](http://redbookmag.com/motherboard), where we've just launched our new Motherboard Blog Council, featuring great new mommy bloggers nationwide. They'll be confessing the secrets they don't want to be judged for—so join in! Tweet @redbookmag with your own #dontjudgemebecause mom moment, or share it on our Facebook page. Plus, add our "No Judgment" badge to your profile. Feels good, right?

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- 7 Breaking news: An arachnid robot war has just erupted in the playroom! Remote-controlled spider, \$29.99; hexbug.com. 8 An heirloom-looking bracelet at a trinket price. Melania Timepieces & Fashion Jewelry for QVC bracelet, \$39.25; qvc.com. 9 This year, Mrs. Claus will finally get those upscale pajamas she's been pining for. Josie Natori for Target pajama set (includes an eye mask), \$34.99; target.com. 10 A timeless timepiece for your till-the-end-of-time guy. Watch, \$45; timex.com. 11 In this glimmery night-out survival kit: six makeup brushes, plus enough space for your lipstick, powder, ID, and keys. Sonia Kashuk All Out Glam brush set, \$24.99; target.com. 12 This playful monkey wants to climb your walls (but yeah, you can peel him off). Petite Collage wall decal, \$24.95; chronicle books.com. 13 A trio of ultra-feminine scents for your girly cousin to display on her vintage vanity. Eau de Parfum Viaggio, \$45; tocca.com. 14 Zsa Zsa is on your list, right? This neck warmer will *chaaaaaarm* her. Snood, \$29.50; aerie.com. 15 Baubles for the high schooler who already appreciates high glamour. Earrings, \$9.50; claires.com. 16 So *this* is what they mean by "glad hands." Gloves, \$42; echodesign.com.





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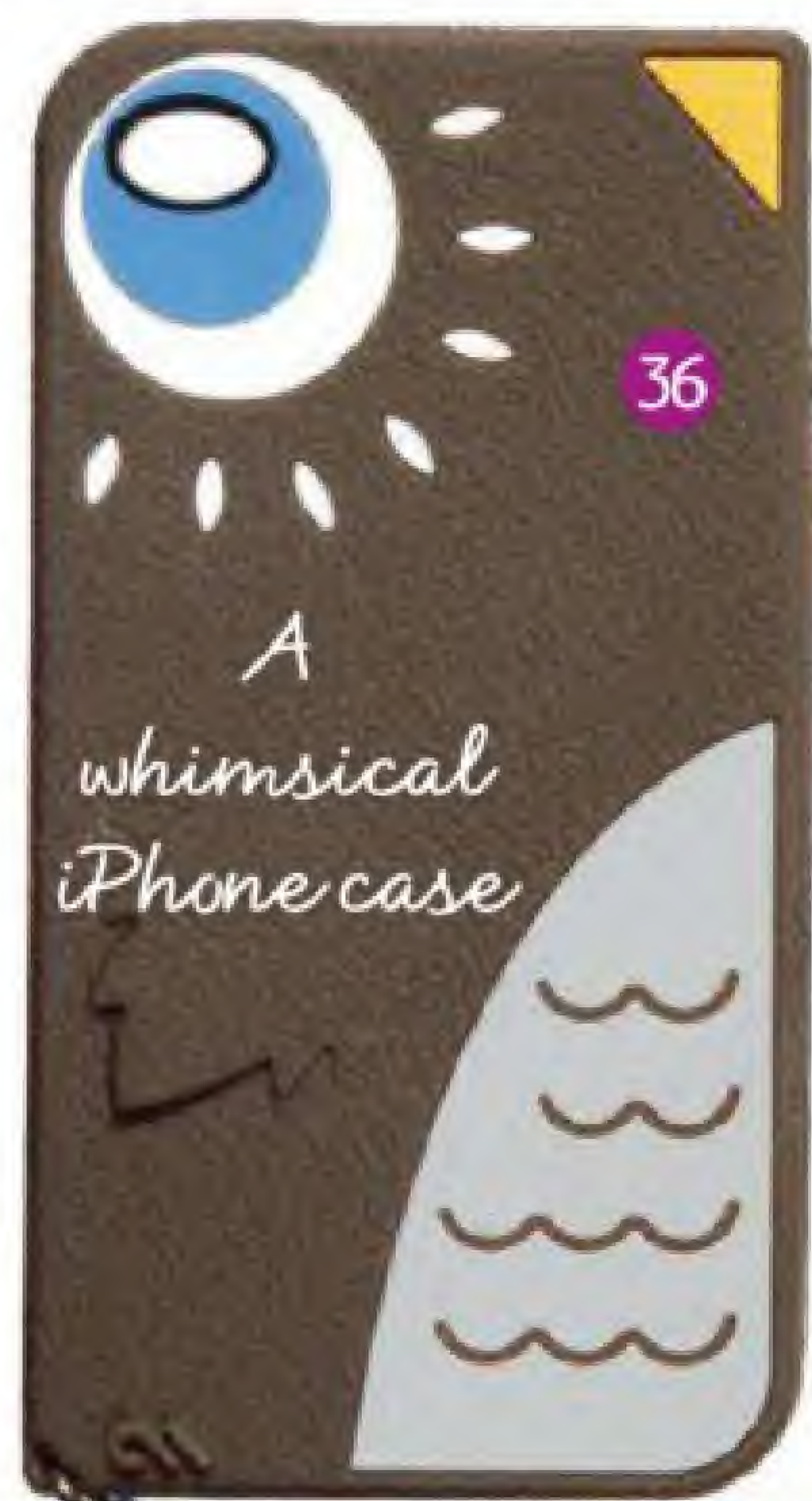


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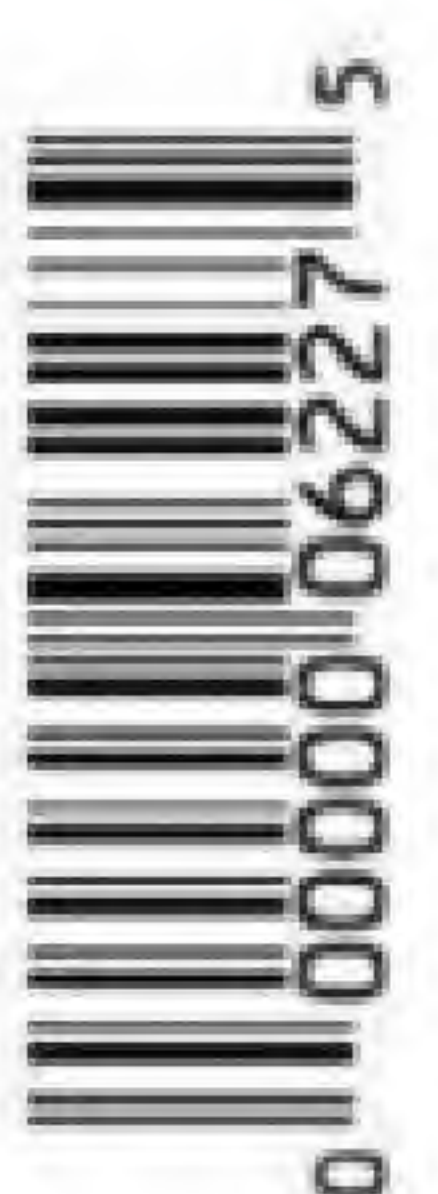
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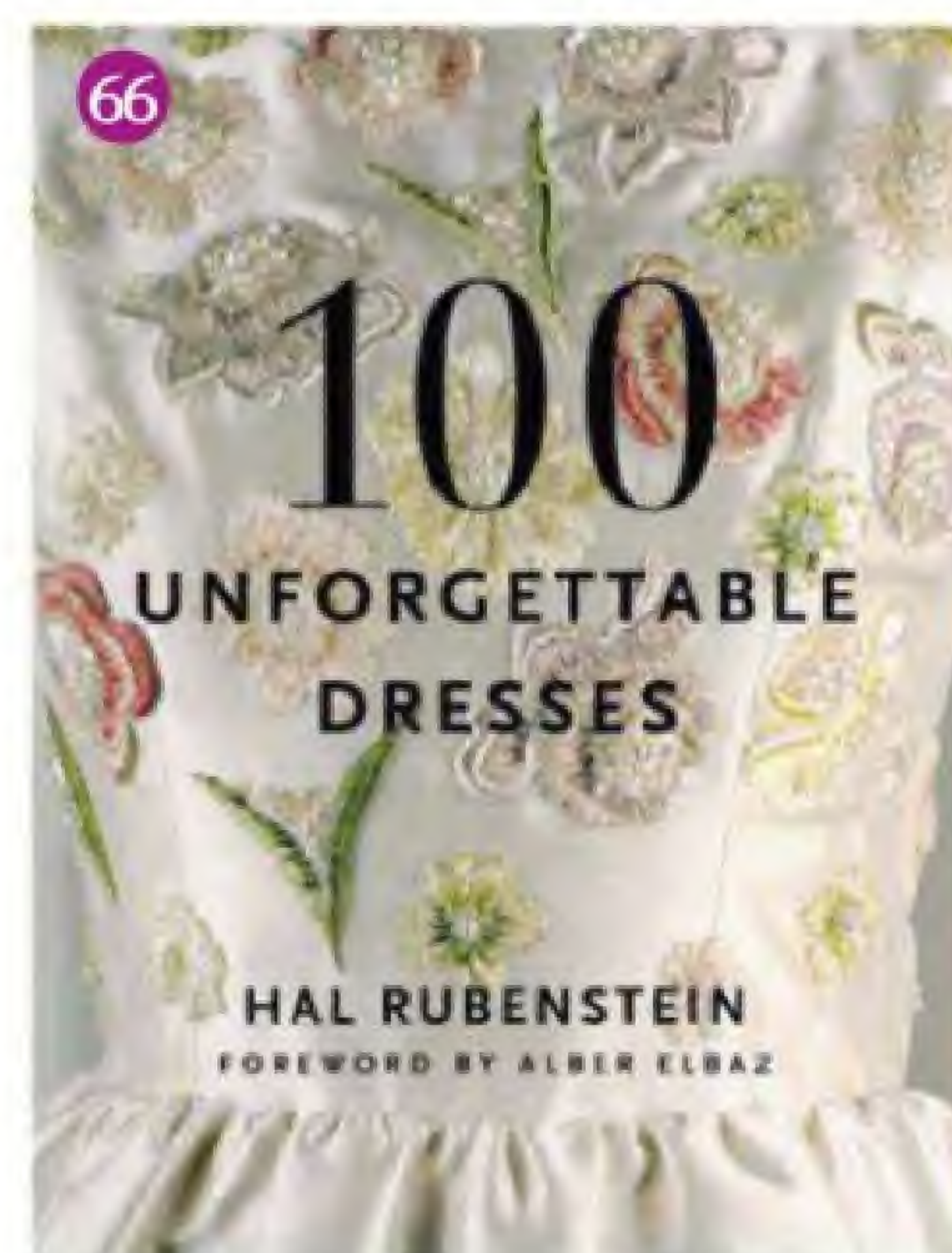
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UNFORGETTABLE MOMENTS



GREAT CLOTHES FOR REAL LIFE

# WHAT TO WEAR

Why it's time to go a little **wild**:

**1** Faux-fur pieces — vests in particular — have never looked so cool or so *pretty*. You can pick ones that are shaggy or sleek, nipped-in or swingy, depending on the mood ('70s rock star? '50s heiress?) you're going for.

**2** It's a layer of pure warmth that says, "Come to my house in Aspen," not "Let me help shovel your walk."

**3** It's guilt-free. You'll have the right answer when a small child asks, "Is your vest made out of poor wittle bunnies?"

## TREND WITH BENEFITS

# Faux fur for everyone!

Vest, Ann Taylor, \$228; [anntaylor.com](http://anntaylor.com). Sweater, White + Warren, \$220; [whiteandwarren.com](http://whiteandwarren.com). Scarf, Michael Stars, \$154; [frenchlessons-boutique.com](http://frenchlessons-boutique.com). Ring, Lia Sophia, \$82; [liasophia.com](http://liasophia.com). Jeans, 7 for All Mankind, \$155; [denimhabit.com](http://denimhabit.com). Bag, Loquita, \$175; [loquitanyc.com](http://loquitanyc.com).





TINY FUR  
DETAILS THAT  
SCREAM RICH!



Däv, \$120;  
davrain.com.

SERIOUSLY: THESE GUYS GO OVER *ANYTHING*.



Badgley Mischka,  
\$78; Lord & Taylor.



A.n.a. by JCPenney,  
\$90; jcp.com.

THE QUIETER, LADYLIKE TAKE? A FUR COLLAR.



◀ Kristen  
Bell's vest  
makes a  
basic outfit  
feel lush.



Gap, \$24.95; gap.com.

- 1 Express, \$138; express.com. 2 Banana Republic, \$98; bananarepublic.com. 3 H&M, \$19.95; hm.com for store locations. 4 White House Black Market, \$158; whbm.com. 5 Luxe Rachel Zoe for QVC, \$84; qvc.com. 6 Esprit, \$100; esprit.com. 7 Calvin Klein, \$150; Bloomingdale's. 8 Tart Collections, \$220; shopkismet.net.

PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. STYLIST: SABBINA GRANDE FOR R.J. BENNETT REPRESENTS. BANANA REPUBLIC VEST: PHOTOGRAPHED BY GREG MARINO/STUDIO D. STYLIST: STELLA REY FOR MARK EDWARD INC. BELL: WIREIMAGE/GETTY IMAGES.



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# Beautiful.

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**Deep Renewal.** The anti-aging lip treatment with coenzyme Q-10, it's clinically proven to visibly reduce fine lines and wrinkles in just four weeks...also promotes lip health and vitality with consistent use.

**Silk & Shine.** The unique formula with a satiny feel and a touch of shine, it enhances lips' natural radiance, leaves a smoother lip feel, and keeps lips hydrated...with real silk extracts and vitamins.



Discover Bliss.  
Discover **Blistex**



## Energize your outfits

All it takes is an infusion of cool, colorful retro style. Deborah Lloyd (Kate Spade New York's president and creative director) explains.



Lloyd gets her inspiration from Audrey Hepburn.



**1 WHEN IT'S PARTY TIME, THROW ON...** "Chunky jewelry. I'm going to wear my crystal kaleidoscope necklace with everything this season. I like how it makes a statement but isn't too formal."



**THREE THINGS EVERY WOMAN SHOULD HAVE IN HER CLOSET:** "A colorful coat will brighten even the duller day. And then a great cocktail ring and gold sandals: They can elevate even the most casual outfit into an evening look."

Talbots, \$329; talbots.com.



**1** Kate Spade New York, \$398; katespade.com. **2** Fantasy Jewelry Box, \$55; fantasyjewelrybox.com.

### ABSOLUTELY TRY A...

"Cape. They make anything feel flirty and chic. I wear mine with jeans on weekends or tuxedo pants for events."

Famous Maker, \$60; burlingtoncoatfactory.com.



**THE BEAUTY ITEM THAT'LL WAKE UP YOUR WHOLE LOOK:** "One swipe of bright red lipstick is all you need to stand out in a crowd. It says, 'I like to have fun!'"

Kate Spade New York Supercalifragilipstick! in Adventurous Red, \$24; katespade.com.



**IF YOU'RE A LITTLE COLOR-SHY...** "Try a bright shoe or clutch—there's no easier way to add an exclamation point to an outfit, but you'll still feel comfortable."

Heels, Nine West, \$89; 800-999-1877 for stores.

### THE MOST IMPORTANT QUALITY OF A BAG IS...

"It has to work with your lifestyle—it doesn't matter how fabulous it is. For me, that means it's got to be lightweight and have a pocket for my cell and lipstick. Right now I'm obsessed with my little Kennedy bag in cognac and black [that's it on the right], because it goes with everything."



**3** London Fog, \$135; 800-847-0072 for stores.  
**4** Kate Spade New York, \$445; katespade.com.

### FOR FAST, EVERYDAY GLAMOUR...

"My signature outfit is a dress in a graphic print with a patent belt and a bright cardigan. It's feminine but bold at the same time—and it's so easy to throw on and go."

Dress, Donna Morgan, \$155; macys.com. Cardigan, Express, \$49.90; express.com. Belt, Banana Republic, \$39.50; bananarepublic.com.







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**"THE MORE OUTRAGEOUS  
THE BETTER!"**

Gwen Stefani

Gwen is wearing Voluminous False Fiber Lashes in Blackest Black.  
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# Your shiny new dress

It's like your LBD on Red Bull: flattering, simple, easy—but with a totally energized sequin coating.

Dress, Kenneth Cole, \$160; Lord & Taylor.



## ◀ R.S.V.P. yes

A couple of glitzy baubles, a delicately sexy pair of heels: You are now the prime example of when less is fetchingly more.

Necklace, Lia Sophia, \$180; [liasophia.com](http://liasophia.com). Bracelet, Bamboopink, \$125; [bamboopink.com](http://bamboopink.com). Heels, Victoria's Secret Catalogue, \$58; [victoriasecret.com](http://victoriasecret.com).



Yes, sparkles are office-appropriate: Simply throw on a kinky , some , and a cheery , then trot to your desk, peeling off your  as you go. Or make date night splashy with a fun  on your wrist, some non-teetering  on your feet, and a bright, ritzy-looking  to stash your stuff. You'll blow your sweet husband's mind.

Scarf, Mango, \$44.90; [mango.com](http://mango.com). Flats, Lela Rose for Payless, \$42.99; [payless.com](http://payless.com). Cardigan, Lands' End Canvas, \$39.50; [landsendcanvas.com](http://landsendcanvas.com). Gloves, Barbour, \$64; [barbour.com](http://barbour.com) for stores. Bracelet, Carolee Lux, \$125; [carolee.com](http://carolee.com). Wedges, Merona for Target, \$29.99; [target.com](http://target.com). Bag, Lulu's, \$37; [lulus.com](http://lulus.com).



## Gleam at the ▲ weekly meeting

Tempered by an elegant jacket, this'll remind your boss that you can pull off *anything*.

Jacket, Boden, \$198; [bodenusa.com](http://bodenusa.com). Necklace, Adrienne Vittadini Collection, \$195; [adriennevittadini.com](http://adriennevittadini.com). Bag, B. Makowsky, \$248; [bmakowsky.com](http://bmakowsky.com). Heels, L.K.Bennett, \$345; L.K.Bennett, Atlanta, 404-991-5850.



PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. STYLIST: SABRINA GRANDE FOR R.J.BENNETT REPRESENTS. RED SWEATER: GREG MARINO/STUDIO D. STYLIST: STELLA REY FOR MARK EDWARD INC.



## Go laid- back glam

The accessories have a perfectly sleek gallery-girl vibe, but the anorak says, "Yeah, I just threw this on."

Jacket, Calvin Klein, \$160; Macy's. Earrings, AmaraGold, \$170; amaragold.com. Bangles, Pono by Joan Goodman, \$35 each; 866-336-PONO for stores. Booties, White House Black Market, \$138; whbm.com. Clutch, Truvow, \$64; truvow.com.



Super-warm  
and super-fun!



Tilt... just a  
tad... done!

## Be a French hipster

Get all Left Bank with graphic stripes, a slick belt, and tough ankle boots. C'est cool!

Hat, Old Navy, \$16.94; oldnavy.com. Watch, TKO Orlogi, \$195; tkowatches.com. Turtleneck, Joe Fresh, \$19; 888-495-5111 for stores. Belt, Gap, \$34.95; gap.com. Bag, H&M, \$24.95; hm.com for stores. Boots, Call It Spring, \$70; jcp.com.

## Layer up on Sunday

A Navajo-print cardigan and chambray shirt keep you cozy, while the lush suede boots keep you super-sophisticated.

Shirt, L.L.Bean, \$39.95; llbean.com. Sweater, Eddie Bauer, \$200; eddiebauer.com. Necklace, Betty Carré, \$75; lilacbijoux.com. Boots, Garnet Hill, \$198; garnethill.com.





# WHAT WOULD Kate Middleton DO?



## OUTSIDE

A cream-colored coat is clean and so pretty, especially against black.



## INSIDE

Her winning formula: a demure dress in a vibrant color.



## PARTY

The lace makes this fancy, but the sleek shape is just so wearable.

MIDDLETON, FROM LEFT: GETTY IMAGES (2), WIREIMAGE/GETTY IMAGES, STILLS: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D, STYLIST: SABRINA GRANDE FOR RJ BENNETT.

**Steal Kate's style:** Her refined (but non-stuffy) look will work beautifully at all *your* personal appearances. Wave to the crowd!

■ Anything that belts at the waist is flattering—a coat is no exception. Coat, Worthington by JCPenney, \$150; jcp.com. Clutch, Colour Me, \$23; colourme.com. Heels, Calvin Klein, \$109; Nordstrom.



■ A jewel-tone dress makes skin look glowy, and the sparkly extras add pizzazz. Bracelet, Fantasy Jewelry Box, \$49.95; fantasyjewelrybox.com. Dress, Muse, \$158; belk.com. Clutch, Nina Handbags, \$132; ninahandbags.com.



Love the nice high neckline

■ There's nothing too bare about this dress, but the little peeks of skin are stealthily alluring. Clutch, Martine Wester, \$78; martinewester.com. Dress, Maggy London, \$158; maggylondon.com. Earrings, Monet Jewelry, \$32; Macy's. Heels, GoMax, \$29; lulus.com.





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# Holiday

## HOTLIST

HAVING GIVER'S BLOCK THIS YEAR?  
HERE ARE **GREAT IDEAS** FOR EVERYONE  
ON YOUR LIST—PLUS A LITTLE  
SOMETHING FOR YOURSELF.



### GAIAM

Everything you need in a gym bag and nothing you don't. Features include a zippered pocket on the inside so your wallet and keys won't fall out, large snap pockets on the outside for a snack and your phone, and a cinch cord on the underside to keep your mat attached. The Gaiam Cloud Bouquet aluminum water bottle is perfect for travel, the gym, your office, virtually anywhere. **SHOPGAIAM.COM.**

### NOOK™ BY BARNES & NOBLE

The award-winning NOOK Color™ offers over 2 million books, popular magazines, and newspapers, plus apps, email, enhanced Web browsing, and video, all in stunning color. With a full touchscreen, NOOK Simple Touch™ features extra-long battery life on the easiest-to-use, ultra-light, portable 6-inch eReader with the most-advanced E Ink Pearl display. Over 2 million titles including books, magazines, and newspapers are just a touch away. **NOOK.COM.**



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## THE GRUFFALO BY NCIRCLE ENTERTAINMENT

Get *The Gruffalo* on DVD! Watch the classic children's book come to life. Featuring the voice of Helena Bonham Carter, this Academy Award-nominated film will enchant your family this holiday season! **NCIRCLEENTERTAINMENT.COM.**



## ETERNITY CALVIN KLEIN

Possessing timeless quality and modern style, ETERNITY is a classic floral fragrance with notes of freesia, white lily, and sandalwood. ETERNITY for men is distinctly masculine with a crisp edge and a warm, woody trail. This holiday, experience the fragrances that combine contemporary life with timeless values. **AVAILABLE AT SELECT DEPARTMENT STORES.**

## GREAT GIFTS FOR EVERYONE ON YOUR LIST

## PANDORA®

This holiday season, the PANDORA tradition continues with an exciting twist. Choose a sterling silver floral pendant accented with handset black crystals. A coordinating ring and earrings are also available, starting at \$40. **PANDORA.NET.**



## PRESENTS, PERFECT

Are you ready for holiday gift-giving—with all the trimmings? Don't get caught under a pile of unwrapped presents the night before Christmas. Follow these simple steps as you head into the holidays.

### • STOCK UP ON SUPPLIES

LIKE WRAPPING PAPER, RIBBON, TAPE, SCISSORS, AND GIFT TAGS. KEEP THEM ORGANIZED AND ACCESSIBLE IN A BOX OR BIN. BUY AN EXTRA OF EVERYTHING—YOU CAN ALWAYS USE IT NEXT YEAR.

### • SHOPPING FOR DIFFERENT CROWDS:

FRIENDS, THE IN-LAWS, THE KIDS? DESIGNATE SPECIFIC WRAPPING PAPER FOR EACH BRANCH OR MEMBER OF THE FAMILY, AND NOBODY WILL HAVE TO GO HUNTING THROUGH A PILE TO FIND THEIR GIFT.

### • START EARLY AND WRAP AS YOU GO.

PLAN TO WRAP GIFTS AFTER EACH SHOPPING TRIP, OR SIT DOWN ONCE A WEEK AND PLOW THROUGH THE PRESENTS, THEN STASH THEM IN A CLOSET FOR SAFE-KEEPING. (DON'T FORGET TO PUT A GIFT TAG ON EACH ONE!)

### • NEED BATTERIES?

STAY CHARGED THIS HOLIDAY SEASON AND STOCK UP ON ENERGIZER-RECHARGE BATTERIES. THEY CAN BE CHARGED HUNDREDS OF TIMES, KEEPING NEW PRESENTS WORKING PERFECTLY AND MAKING LESS OF AN IMPACT ON THE PLANET. NOW THAT'S POSITIVE ENERGY.

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Special K® Low-Fat Granola has 3g of fat per 52g serving; the leading competitive granola has 6g fat per 51g serving.



# Party like a celeb—for less!

Get inspired by these super-glam A-list outfits, then make them your own for under \$200 *total*.



Accentuate curves in a fitted one-button style like Katie Holmes (top) and Mila Kunis.



## A crisp white tuxedo jacket

This Sinatra-esque piece oozes snappy charm; glitz it up with a gold skirt, or play it laid-back with stretchy gray jeans.

- ① Jacket, Jennifer Lopez, \$84; kohls.com. ② Top, Mossimo for Target, \$19.99; target.com. ③ Skirt, Milly, \$43; peppermintpark.com. ④ Peep-toes, Windsor, \$32.90; windsorstore.com. ⑤ Jacket, Forever 21, \$32.80; forever21.com. ⑥ Top, Mango, \$80; mango.com. ⑦ Bracelet, Overstock, \$12.09; overstock.com. ⑧ Jeans, A.n.a. by JCPenney, \$26.99; jcp.com. ⑨ Mary Janes, Mixx, \$41; lulus.com.



Emma Stone (top) shows off a bold color-blocked effect; Brooke Shields goes lower-key with a white top.



## A look-at-me bright skirt

Find one in your fave hue, pair it with an equally bold top, and your grand entrance is styled, sealed, and delivered.

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① Necklace, Forever 21, \$12.80; forever21.com. ② Top, Ann Taylor, \$78; anntaylor.com. ③ Skirt, Ezra, \$39.99; modcloth.com. ④ Heels, Lava Shoe, \$55; simplydresses.com. ⑤ Shirt, Make Me Chic, \$24; makemechic.com. ⑥ Bag, Christian Siriano for Payless, \$22.99; payless.com. ⑦ Skirt, Talbots, \$109; talbots.com. ⑧ Slingbacks, Qupid, \$32; lulus.com.

STONE: GETTY IMAGES. SHIELDS: WIREIMAGE/GETTY IMAGES.



## A happy, sparkly top

For pants-lovers, this is your style fairy godmother, magically elevating all the other elements in an outfit.



Thandie Newton (left) and Eva Longoria use a roomy (but not too baggy) blouse to balance slim bottoms.



- ① Top, Dressbarn, \$34.99; dressbarn.com. ② Clutch, Bakers, \$28; bakershoes.com. ③ Pants, H&M, \$49.95; hm.com for store locations.
- ④ Pumps, Forever 21, \$22.80; forever21.com. ⑤ Top, Victoria's Secret Catalogue, \$98; victoriasecret.com. ⑥ Jeans, Aéropostale, \$27.25; aeropostale.com.
- ⑦ Bracelet, Shopthelook.net, \$16; shopthelook.net. ⑧ Platforms, Call It Spring, \$39.99; jcp.com.



## A sizzling one-shoulder dress

Whatever your body type, there's nothing sexier than a bare shoulder. Now all you need is big earrings or a killer clutch.



Sparkle on like Heidi Klum (left), or drape yourself in color like Freida Pinto, or get romantic in lace, or... the options for this one are endless.



- ① Dress, Unique Vintage, \$78; [uniquevintage.com](http://uniquevintage.com).
- ② Clutch, Charming Charlie, \$24.97; [charmingcharlie.com](http://charmingcharlie.com).
- ③ Peep-toes, Nina, \$90; [ninashoes.com](http://ninashoes.com).
- ④ Earrings, RC2 Roberta Chiarella, \$18; [roberta\\_chiarella.com](http://roberta_chiarella.com).
- ⑤ Dress, Newport News, \$79; [newport-news.com](http://newport-news.com).
- ⑥ Pumps, ShoeDazzle, \$39.95; [shoedazzle.com](http://shoedazzle.com).



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"Go ahead and ask for diamonds this holiday. They make you feel fabulous and loved. No wonder they're called a girl's best friend," notes "My Style Pill" blogger Christine Cameron (pictured this page, far right). And none make you feel more loved than a perfectly cut **Hearts On Fire®** diamond. "Hint at a chic pavé circle pendant or romantic heart—they work with any outfit. And hoops are always feminine." As the true stories here prove, the gift of **Hearts On Fire** diamonds will never be forgotten. ("They might even tempt you to treat yourself!")

"My **Hearts On Fire** diamond makes me feel extremely treasured and loved by my wonderful husband." —ADELINE D.



The **Transcend Round Solitaire** (starting at \$5,500) can be yours with a down payment as little as \$1,925. Matching **Transcend Band** (available, starting at \$2,150) can be yours with a down payment as little as \$755.



The **Whimsical Small Heart Pendant** (starting at \$2,300) can be yours with a down payment as little as \$805.



## SHARE YOUR STORY & WIN A DIAMOND!

Feel more beautiful wearing your **Hearts On Fire** diamond? Or do you still long to experience one? Tell us! Take a picture of this QR code with your phone or visit **HeartsOnFire.com/Redbook** to share your story, and you could win a piece of **Hearts On Fire** diamond jewelry.\*\* Discover more diamond wardrobe tips from Christine (below right) in **Redbook's** ongoing monthly series.



"I have a lot of jewelry...  
but I always get  
compliments  
on my **Hearts On Fire!!!**"

—IDA S.

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\*\*NO PURCHASE NECESSARY. For full rules, visit HeartsOnFire.com. Starts 11/1/2011 at 11:59 PM ET and ends 4/30/2012 at 11:59 PM ET. Open to legal residents of the 50 United States/D.C. 18 years or older, except employees of Sponsor and their immediate families. Void outside the 50 United States/D.C. and where prohibited. Grand prize is a trip to New York to appear in a photo shoot for an advertisement and a piece of Hearts On Fire jewelry. ARV of four grand prizes not to exceed \$5,000 each. Odds of winning depend on the number of eligible entries. Sponsor: Hearts On Fire Company, P.O. Box 52172, Boston, MA 02205.

†For online purchases of \$10,000 or less only. On approved credit. Payment plan subject to change. See HeartsOnFire.com for complete terms and conditions. All prices subject to change. Please visit HeartsOnFire.com for current pricing. Christine is being compensated for her participation in this program.



The **Potpourri Four Leaf Pendant** (starting at \$990) can be yours with a down payment as little as \$350.

# FABULOUS



The **Sweet Dream Pendant** (\$2,200) can be yours with a down payment as little as \$770.

## DROP A HINT!

Love Elena's earrings? Find them at [HeartsOnFire.com/Redbook](http://HeartsOnFire.com/Redbook), click on the "Drop a Hint" icon for each product and let him know.

## "The NEW way to shop this holiday."

With a simple payment plan, **FULL REFUNDS** up to 30 days from delivery† and online assistance from a Perfection Stylist™, diamonds that take your breath away can be yours to give—and get—today at [HeartsOnFire.com/Redbook](http://HeartsOnFire.com/Redbook).

"My Hearts On Fire makes me feel like the brightest light in the room."

—THERESA K.



The **Fulfillment Round Studs** (starting at \$2,990) can be yours with a down payment as little as \$1,050.

**Shop Elena's look WORRY-FREE.** Enjoy **FULL REFUNDS** up to 30 days from delivery† (and **FREE** shipping both ways). **Hoopla Oval Earrings** (starting at \$7,990), with a down payment as little as \$2,800; **Multiplicity Single Shared Prong Solitaire** (starting at \$4,400), with a down payment as little as \$1,540; **Multiplicity Single Shared Prong Eternity Band** (starting at \$3,690), with a down payment as little as \$1,295; **Silk Pavé Circle Pendant** (starting at \$7,150), with a down payment as little as \$2,505.

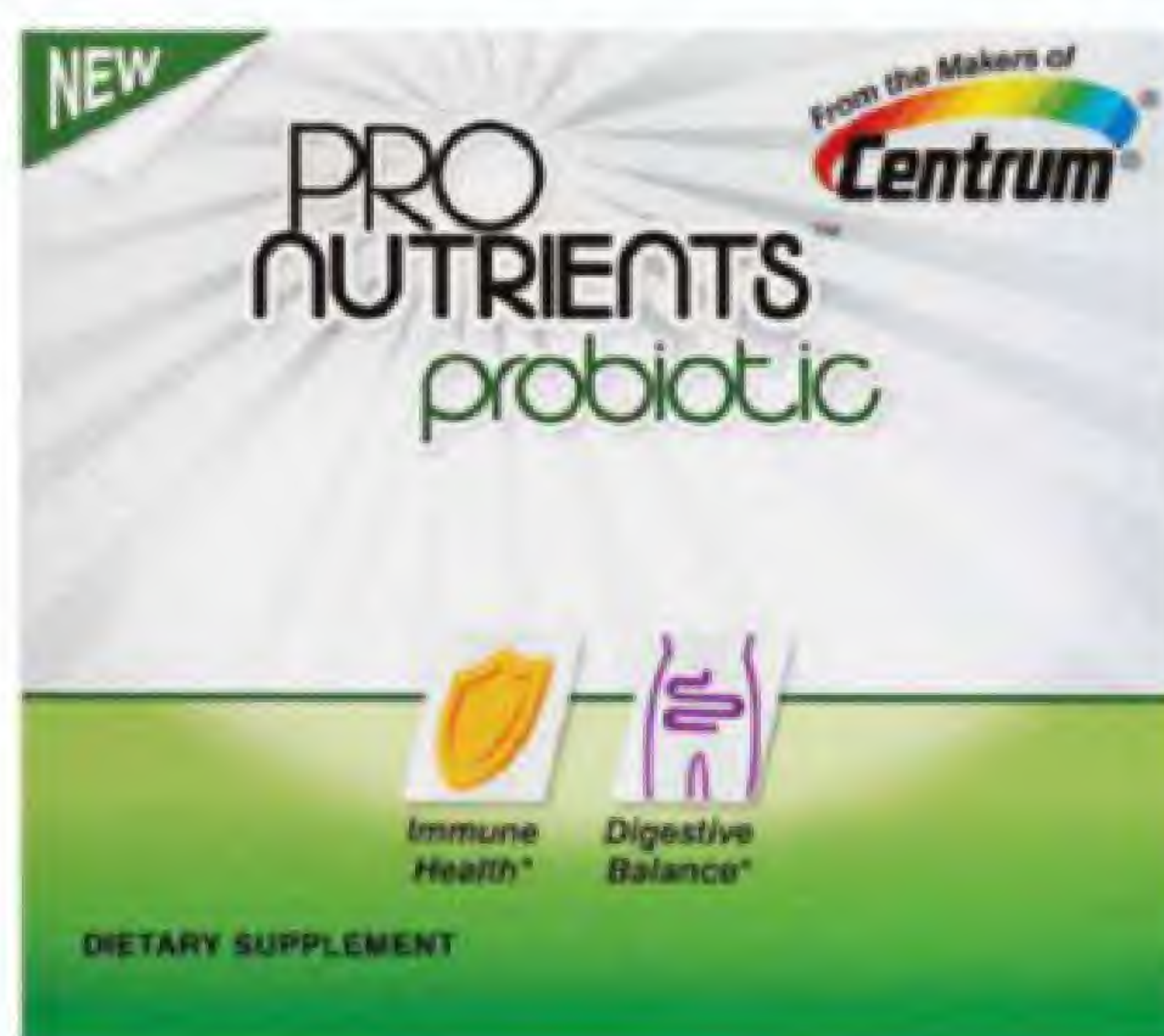
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# BEAUTY & HEALTH

INFO TO HELP YOU LOOK AND FEEL GREAT

5 TRICKS TO...

## Line your eyes like a pro

Eyeliner is the fastest way to make your eyes look bigger, brighter, and much sexier. This easy guide will help you get the technique right—by tonight. By *Kayleigh Donahue*

[StyleMag.com](http://StyleMag.com)



## 1 PICK YOUR PENCIL

For day, mechanical pencils (like Clinique Quickliner, \$15) or classic wood pencils (like Avon Ultra Luxury Eye Liner, \$6) are drier than cream or kohl formulas, so they're less likely to run or fade. (If the tip tugs on your skin, roll it between your fingers to soften it.)



After dark, get your smolder on with a soft, smudgeable pencil—look for anything labeled *creamy* or *kohl*, such as L'Oréal Paris Le Kohl Pencil in Carbon Black, \$8.49.

Don't be afraid of colorful pencils: In deep shades like forest green, navy, and plum, "they give a playful look," says celebrity makeup artist Quinn Murphy. Try Estée Lauder Double Wear Eye Pencil in Black Plum, \$19.



## 3 Line your inner rims

This move creates major sex appeal for a night out. To keep it from fading before your first sip of wine, use a waterproof pencil and sharpen it to a fresh, germ-free point. Caveat: If you have small eyes, dark colors here will make them look even smaller, so instead, try a beige pencil like Three Custom Color Light Clarifier Eye Pencil, \$16.50. "It creates a wide-eyed effect," Murphy says.

## 2 DRAW IT ON RIGHT

Does your liner look like it was scribbled on by a toddler? Try Murphy's foolproof method:

- **Steady the elbow** of your drawing arm on a counter.
- **Tilt your chin up** so you can see your entire lid. Use your other hand to pull the skin taut at the outer corner.
- **Place the pencil tip** at your innermost lash and draw outward along the lashes in short flicks.
- **Halfway through the line**, angle the pencil to draw with the side of it, which creates a thicker line. "A line that's all one width can make eyes look smaller," he says.
- **Look straight ahead** as you finish the line, extending it a smidge past the outer corner. "Everyone can get a lift from a slight uptick," says makeup artist Fiona Stiles. Fill in any gaps, then add a superfine line along the outer third of your bottom lashes.

## 4 WING IT



We get why cream and liquid eyeliners are intimidating: They set fast, so it's hard to fix mistakes, and they require (gulp) a brush. But, they deliver deeper, longer-lasting color than pencils, and they're perfect for making a graphic, Sophia Loren-esque sweep. Cream liners like Smashbox Jet Set Waterproof Eye Liner in navy blue (above right), \$22, go on with a thin brush (try Smashbox Arched Liner Brush, above, \$20) and create precise or smoky (if you smudge it) looks. Liquid liners, such as CoverGirl Line Exact (right), \$6.88, make crisp lines, dry instantly, and don't budge. For either formula, first line your eyes with pencil, then trace over the lines.



## 5 WHOOPS!

*If you make a mistake, dip the corner of a wedge makeup sponge into a dot of moisturizer and dab it along the wonky spot. "This works better than eye-makeup remover, which can run and ruin the rest of your liner," says Stiles.*



“MY LASHES CHANGED AS I  
GOT OLDER. NOW I USE LATISSE®.”

-Amy, age 36

At 16 weeks with mascara

**Latisse®**  
(bimatoprost ophthalmic solution) 0.03%

LATISSE® - the only FDA approved prescription treatment for inadequate or not enough lashes.

Ask your doctor if LATISSE® is right for you.

LATISSE® is a prescription treatment for hypotrichosis (inadequate or not enough lashes) to grow eyelashes longer, fuller, darker.

#### Important Safety Information

If you are using, or have used, prescription products for eye pressure problems, use LATISSE® under close doctor care. LATISSE® use may cause increased brown pigmentation of the colored part of the eye which is likely permanent. Eyelid skin darkening may occur which may be reversible. Only apply at the base of the upper eyelashes. DO NOT APPLY to the lower eyelid. Hair growth may occur in skin areas that LATISSE® frequently touches. If you experience eye problems or have eye surgery, consult your doctor immediately about use of LATISSE®. Common side effects are itchy eyes and eye redness. If discontinued, lashes will gradually return to their previous appearance.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

Please see important product information on the following page. Call 1-877-LATISSE for more information.

Amy is a real LATISSE® user and paid for appearing in this ad.

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From Allergan, a company with 60 years of eye care expertise.



## PATIENT INFORMATION

**LATISSE® (la teece)** (bimatoprost ophthalmic solution) 0.03%

Read the Patient Information that comes with **LATISSE®** before you start using it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your physician about your treatment.

### What is hypotrichosis of the eyelashes?

Hypotrichosis is another name for having inadequate or not enough eyelashes.

### What is **LATISSE®** solution?

**LATISSE®** solution is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker and darker.

### Who should NOT take **LATISSE®**?

Do not use **LATISSE®** solution if you are allergic to one of its ingredients.

### Are there any special warnings associated with **LATISSE®** use?

**LATISSE®** solution is intended for use on the skin of the upper eyelid margins at the base of the eyelashes. Refer to Illustration 2. **DO NOT APPLY** to the lower eyelid. If you are using **LUMIGAN®** or other products in the same class for elevated intraocular pressure (IOP), or if you have a history of abnormal IOP, you should only use **LATISSE®** under the close supervision of your physician.

**LATISSE®** use may cause darkening of the eyelid skin which may be reversible. **LATISSE®** use may also cause increased brown pigmentation of the colored part of the eye which is likely to be permanent.

It is possible for hair growth to occur in other areas of your skin that **LATISSE®** frequently touches. Any excess solution outside the upper eyelid margin should be blotted with a tissue or other absorbent material to reduce the chance of this from happening. It is also possible for a difference in eyelash length, thickness, fullness, pigmentation, number of eyelash hairs, and/or direction of eyelash growth to occur between eyes. These differences, should they occur, will usually go away if you stop using **LATISSE®**.

### Who should I tell that I am using **LATISSE®**?

You should tell your physician you are using **LATISSE®** especially if you have a history of eye pressure problems.

You should also tell anyone conducting an eye pressure screening that you are using **LATISSE®**.

### What should I do if I get **LATISSE®** in my eye?

**LATISSE®** solution is an ophthalmic drug product. **LATISSE®** is not expected to cause harm if it gets into the eye proper. Do not attempt to rinse your eye in this situation.

### What are the possible side effects of **LATISSE®**?

The most common side effects after using **LATISSE®** solution are an itching sensation in the eyes and/or eye redness. This was reported in approximately 4% of patients. **LATISSE®** solution may cause other less common side effects which typically occur on the skin close to where **LATISSE®** is applied, or in the eyes. These include skin darkening, eye irritation, dryness of the eyes, and redness of the eyelids.

If you develop a new ocular condition (e.g., trauma or infection), experience a sudden decrease in visual acuity, have ocular surgery, or develop any ocular reactions, particularly conjunctivitis and eyelid reactions, you should immediately seek your physician's advice concerning the continued use of **LATISSE®** solution.

### What happens if I stop using **LATISSE®**?

If you stop using **LATISSE®**, your eyelashes are expected to return to their previous appearance over several weeks to months.

Any eyelid skin darkening is expected to reverse after several weeks to months.

Any darkening of the colored part of the eye known as the iris is NOT expected to reverse and is likely permanent.

### How do I use **LATISSE®**?

**LATISSE®** solution is packaged as a 3 mL bottle of solution with 60 accompanying sterile, disposable applicators. The recommended dosage is one application nightly to the skin of the upper eyelid margin at the base of the eyelashes only.

Once nightly, start by ensuring your face is clean, makeup and contact lenses are removed. Remove an applicator from its tray. Then, holding the sterile applicator horizontally, place one drop of **LATISSE®** on the area of the applicator closest to the tip but not on the tip (see Illustration 1). Then immediately draw the applicator carefully across the skin of the upper eyelid margin at the base of the eyelashes (where the eyelashes meet the skin) going from the inner part of your lash line to the outer part (see Illustration 2). Blot any excess solution beyond the eyelid margin. Dispose of the applicator after one use.

Repeat for the opposite upper eyelid margin using a new sterile applicator. This helps minimize any potential for contamination from one eyelid to another.



ILLUSTRATION 1



ILLUSTRATION 2

**DO NOT APPLY** in your eye or to the lower lid. **ONLY** use the sterile applicators supplied with **LATISSE®** to apply the product. If you miss a dose, don't try to "catch up." Just apply **LATISSE®** solution the next evening. Fifty percent of patients treated with **LATISSE®** in a clinical study saw significant improvement by 2 months after starting treatment.

If any **LATISSE®** solution gets into the eye proper, it is not expected to cause harm. The eye should not be rinsed.

Don't allow the tip of the bottle or applicator to contact surrounding structures, fingers, or any other unintended surface in order to avoid contamination by common bacteria known to cause infections.

Contact lenses should be removed prior to application of **LATISSE®** and may be reinserted 15 minutes following its administration.

Use of **LATISSE®** more than once a day will not increase the growth of eyelashes more than use once a day.

Store **LATISSE®** solution at 36° to 77°F (2° to 25°C).

### General Information about **LATISSE®**.

Prescription treatments are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use **LATISSE®** solution for a condition for which it was not prescribed. Do not give **LATISSE®** to other people. It may not be appropriate for them to use.

This leaflet summarizes the most important information about **LATISSE®** solution. If you would like more information, talk with your physician. You can also call Allergan's product information department at 1-800-433-8871.

### What are the ingredients in **LATISSE®**?

**Active ingredient:** bimatoprost

**Inactive ingredients:** benzalkonium chloride; sodium chloride; sodium phosphate, dibasic; citric acid; and purified water. Sodium hydroxide and/or hydrochloric acid may be added to adjust pH. The pH during its shelf life ranges from 6.8 - 7.8.

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**TROLLBEADS**  
THE ORIGINAL SINCE 1976





Left: The artist with one of his famous balloon sculptures. Right: Kiehl's Creme de Corps Limited-Edition Body Lotion, \$29, with Bottle Art top, \$50 (sold separately).



## Great cream, great cause

**S**eventeen years ago, contemporary artist Jeff Koons's then-18-month-old son, Ludwig, was taken by Koons's ex-wife, who fled overseas with the child. Despite a decade-long custody battle, Koons has barely seen his boy since. Now he's teaming up with Kiehl's for their second collaboration to raise money for the International Centre for Missing & Exploited Children. For a limited time, Kiehl's cult-favorite Creme de Corps body lotions feature labels designed by Koons and a keepsake bottle top modeled after his famous balloon sculptures. (The artist says he created the original balloon-sculpture series as a way to communicate with his son through art.) All of the net proceeds, up to \$200,000, will be donated to the Koons Family Institute on International Law and Policy, an arm of the center dedicated to fighting child abduction and sexual exploitation. —MAUREEN SHEEN

### BRAND NEW BEAUTY IDEA

## ONE TUBE DOES IT ALL

It's okay if you've never heard of BB creams—they're a whole new category of skin care that first appeared several years ago in Asia. (The BB stands for "beauty balm" or "blemish balm," though they don't treat zits.) Now they're here and they're *good*. These lightweight face lotions provide full makeup coverage, plus "they typically contain a high broad-spectrum sunscreen, antioxidants, and great moisture boosters such as hyaluronic acid," says Amy Wechsler, M.D., assistant clinical professor of dermatology at SUNY Downstate Medical Center in New York City. "When you're in a rush, they can replace your usual moisturizer and sunscreen." One step and we're out the door? We like that idea almost as much as we like saying "BB cream." —KAYLEIGH DONAHUE



From left: Clinique Age Defense BB Cream SPF 30, \$37; Dr. Jart+ Water Fuse BB Beauty Balm SPF 25 PA++, \$32; Boscia B.B. Cream SPF 27 PA++, \$38.

## Mirror-free makeup tricks

One holiday tradition we could do without: applying makeup in the car on the way to a party—and looking as rattled as we feel when we get there. No more! Mark celebrity makeup artist Mai Quynh gave us her sneaky secrets for doing a full makeup look on the run, without a mirror—or even light.

● **Powder up.** "A pressed face powder helps to even out your skin and get rid of shine. Swirl it on with a large brush—swiping back and forth leaves streaks."

● **Use cream formulas.**

"They're sheerer than powders, so mistakes show less, and you can apply them with your fingers. Start with eyeshadow. Pale neutrals like champagne, gold, and silver flatter everyone. Dab the color along your lid; follow with mascara just on the tips of lashes. [Trust us: If you brace your arm for stability, it's easy.] Then use a shimmer-free, not-too-bright blush. Smile and feel for the round apples of your cheeks. Rub the color there with your index and middle fingers."

● **Stick with soft lipstick.** "Swipe a nude or rosy color in the center of each lip, then smooch to blend. Hey, you're done!" —VICTORIA KIRBY



Brooklyn Decker did her own makeup here—and it's just the kind of soft, pretty look that's easy to do sans mirror.



NEW

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\*In a consumer study after 12 weeks.



## BEAUTY CHAT WITH...

# Kate Winslet

One more reason to adore the actress and Lancôme spokesmodel: She designed the brand's holiday make-up collection to raise awareness for the Golden Hat Foundation, a nonprofit organization she founded to help families coping with autism. (Lancôme will donate over \$200,000 to the foundation.) Here, her unfussy approach to beauty—and everyday life:

**Why did you start this foundation?** “Two years ago, I narrated a documentary about an autistic boy and his mother. As a mom of two, I was struck by how difficult it must be for the parents of an autistic child not to hear him or her say, ‘I love you.’ I wanted to help children and parents who can’t communicate as freely with one another as my kids and I can.”

**What skin-care rules do you live by?** “No matter how tired I am, I always take off my makeup at night. And I try to keep the temperature in my bedroom on the cool side—I find it helps to calm puffiness.”

**Your number-one makeup staple is...** “Foundation, no question. I wear Lancôme Teint Miracle practically every day. You only need a thin layer to even out your skin. I use two shades, because your face is never all one color—mine is usually slightly darker on the top half.”

**Do you have a favorite fashion period?** “I love the way women dressed in the ‘40s. I just love a good hat!” —VICTORIA KIRBY

## REDBOOK FOUND OUT

## What’s that lipstick Kourtney Kardashian is always wearing?

It’s Yves Saint Laurent Rouge Pur Couture in No. 13 Le Orange, \$30. “I wear it *everywhere*,” she told REDBOOK. “Even though the color is really bright, it works with practically every outfit.”



**Kate's Golden Hat collection for Lancôme** (from top): Mini Le Vernis nail polish in No. 102, \$15; Poudre Lumière powder in Golden Hat, \$40; L’Absolu Rouge Lipcolor in Caprice, \$29.



Work it like Karlie Kloss, even if you’re in front of a Christmas tree wearing a light-up Santa sweater.

## A SUPERMODEL’S PICTURE-PERFECT TIPS

Ever look like a reindeer caught in headlights in your holiday photos? Same here. We asked model Karlie Kloss (star of about a zillion fashion ads) for a few pointers on posing.

**Find your best angle.** “Tilt your chin down—this helps to narrow your face—and turn your head slightly to one side. Practice in the mirror to find which side is most flattering.”

**Relaaaaax.** “If you’re stressed, it’ll really show on film. Right before the photo, take a deep breath: It releases any tension in your face.”

**Crack yourself up.** “Your smile will look more genuine if you’re laughing at something in your head. I usually think of something silly I did!”

—KAYLEIGH DONAHUE



Kourtney’s prettiest accessory: a bright smacker.



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# GET HEALTHY HAIR

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**Y**ou know good hair when you see it. It's smooth, shiny, and soft to the touch. However, as hair becomes damaged, its outer layer, or cuticle, gets roughed up—resulting in breakage and split ends. Pantene's scientists have identified ways to protect hair from this kind of damage, even after the use of heat-styling tools. Pantene's Breakage to Strength Keratin Protection System is formulated to leave hair strong against future damage, helping to prevent split ends.



Dr. Jeni Thomas, Pantene Principal Scientist, explains,

**“PANTENE PRO-V'S BREAKAGE TO STRENGTH FORMULAS HELP**

**PROTECT HAIR'S KERATIN STRUCTURE WHILE YOU WASH AND STYLE YOUR HAIR, SO YOU CAN GET THE HEALTHY LOOK YOU WANT.”** Here's how:

## DID YOU KNOW?

Pantene was the most awarded haircare brand in 2010.\*

\*Magazine awards from top U.S. print publications with award programs.



**“LATELY, I HAVE BEEN USING PANTENE BREAKAGE TO STRENGTH AND I LOVE IT. I JUST LOVE IT. IT'S VERY, VERY RICH.”**  
— EVA MENDES, ACTRESS



### 1. DAILY STRENGTHENING

Get a clean start with Pantene's Breakage to Strength Shampoo and Conditioner. This unique system contains an Anti-Breakage Complex to help reinforce each strand from root to tip, leaving hair clean, healthy, revitalized, and strengthened against styling damage.

### 2. SPRAY-ON SHIELD

Your love affair with heat-styling tools can wreak havoc on your hair. Excessive heat can rob hair of its shine. Shield your strands with Pantene's Heat Protection & Shine Spray. Micro-polymers help protect hair against heat while providing a soft, healthy-looking finish.

### 3. REPAIR AND PROTECT

Help end split ends with Pantene Split End Repair Keratin Protection Crème. A unique keratin protection formula binds existing split ends, and helps protect hair's natural keratin structure from future styling damage.



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—Naomi Watts

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## 8 WISE BUYS FOR A GORGEOUS PARTY SEASON



**1 Multiple-choice blush** Four best-selling powder blush shades that flatter everyone, plus a bronzer and a champagne highlighter, will keep you looking fresh and sunny till spring. Nars Danmari Palette, \$65.

**2 Shinier hair for all** This moisturizing shampoo-and-conditioner duo is designed to whip frizz-plagued curls into shape, but the formulas are lightweight enough to sleekify straight hair too. Ouidad Climate Control Defrizzing Shampoo, \$18, and Conditioner, \$20.

**3 Luxury in a tube** Hands down, the silkiest, most heavenly-scented and adorably-packaged cream we've come across. Crabtree & Evelyn Pomegranate, Argan & Grapeseed Ultra-Moisturizing Hand Therapy, \$8.

**4 Insta-sexy eyes** A cream eyeshadow so rich and smooth, the tiniest dab covers your entire lid. We love this pink-glitter-flecked pewter shade for creating a shimmery, smoky look. Chanel Illusion D'Ombre Long Wear Luminous Eyeshadow in Illusoire, \$36.

**5 Such an elegant scent** This ultra-feminine fragrance—with notes of bergamot, jasmine, and white woods—smells like something Grace Kelly would have spritzed. Oscar de la Renta Live in Love eau de parfum, \$98 for 3.4 oz.

**6 A good excuse to pucker up** Why not slick on one of these fruity tinted balms, give him a wink, and park it under the mistletoe? Maybelline New York Baby Lips Repairing Lip Balm in (from top) Grape Vine, Cherry Me, and Pink Punch, \$3.99 each.

**7 Grown-up dazzle** Now is the moment to glitz up your mani, and with this deep violet hue, your digits will look chic, not tweeny. Revlon Nail Enamel in Facets of Fuchsia, \$4.79.

**8 Secret Santa, solved** A gift that keeps on giving! This triple-milled soap, scented with mango and citrus, is gorgeously wrapped and lasts for months. Fresh Sugar Passion Oval Soap, \$14.



*This soap comes gift-wrapped!*

EYESHADOW: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. OTHER STILLS: PHOTOGRAPHED BY GREG MARINO/STUDIO D.



# JOY

TO  
YOU  
& ME

## EASY GIFTS TO GIVE & GET

"From holiday bling to beauty, so many stylish buys offer great value that it's easy to nab the perfect present," notes **style blogger VERA SWEENEY**, whose **ladyandtheblog.com** is the savvy stylist's must-read. From head-to-toe, there is a gift for every woman to use this season and beyond.

16  
MUST-GIVE  
GIFTS!



Blogger received complimentary product  
for her participation in this program.





5 **VERA:** "Spoil yourself—or someone on your list—with professional skin care results at home."

The **HOLIDAY BEAUTY TRIO: PROFESSIONAL INTENSIVE TREATMENT GIFT PACK** features clinically proven Olay Pro-X.



4. A **SPARKLY TANK** with beads or sequins is a holiday must. ★



3. A silver statement **CUFF** adds chic to any outfit. ★

# GIFTING. MADE SIMPLE.

Whether their passion is pampering or trendsetting style, the **GIFT KEY** below can help you find the perfect gift for her, notes Vera. "And I love adding a little holiday bling—from earrings to studded heels!"

1. A menswear-inspired **WATCH** offers a bit of glamour. ★



2 **VERA:** "Know someone who deserves a little pampering? This is a perfect gift—and the price is great."

**LUSCIOUS LUXURIES GIFT PACK** indulges the girl who has it all with the rich, fragrant moisture of the Olay Luscious Embrace™ Collection.



## GIFT KEY



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HEAD-TO-TOE PAMPERING



EVERYDAY INDULGENCE



BEAUTY/STYLE TREND





6. Stay on-trend with a daring, dramatic black **CLUTCH**. ★



7. Give a brighter smile to everyone on your list with the **ORAL-B PROFESSIONAL CARE 1000 ELECTRIC TOOTHBRUSH**. Removes up to 2x more plaque than a regular manual toothbrush. Improves gum health. ★



8. Oversize classic link **EARRINGS** are beautiful suspended against a bare neck. ★

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9

**VERA:** "Give the gift of smooth skin this holiday season."

Delight her senses with the **MOISTURE THERAPY GIFT PACK**, which offers the rich moisturization of Olay and the scent experience of Secret. ★★☆☆



10. Get in on the strong yet feminine look with a **CAGE STILETTO**. ★



# GIVE YOURSELF THE GIFT OF HEAD-TO-TOE BEAUTY

Indulge in (or give) these savvy must-haves...and great this season and beyond!



11. Give or get beautiful, healthy-looking hair with the **SILKY STRENGTH\* HOLIDAY GIFT SET**. The Pantene Pro-V Medium-Thick Breakage to Strength collection helps reinforce every strand to stand up to split ends. ★★☆☆☆  
\*strength against damage

12. The **OLAY PROFESSIONAL PRO-X ADVANCED CLEANSING SYSTEM** cleanses and exfoliates as effectively as a professional cleansing system costing nearly \$200,\* and is clinically proven to cleanse 6x better than basic cleansing alone. ★★☆☆☆



13. Get (or give) smoky drama with **COVERGIRL SMOKYSHADOWBLAST + LASHBLAST MASCARA VALUE PACK**. The duo of expertly paired shades plus the mascara's oversize brush deliver the bold look of today's hottest makeup artists. ★

14. Treat yourself to the holiday gift of **CREST 3D WHITE 2-HOUR EXPRESS WHITESTRIPS**. With noticeably whiter teeth in 2 hours, you'll be smiling all season long. ★★☆☆☆



15. Transform your day—and lips—with **COVERGIRL LIPPERFECTION™ LIPCOLOR**. It helps create soft, smooth, beautiful lips in just 7 days.\* ★  
\*vs. bare lips

16. Featuring a combination of Venus Embrace®, Satin Care® and Herbal Essences, the **GODDESS GIRL GIFT PACK** is the go-to beauty pack to get you through the holiday season. ★★☆☆☆



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# HEALTHY YOU GUY KIDS

STAY-WELL NEWS FOR YOU AND EVERYONE YOU LOVE

## Keep your kids active this winter (and off the TV)

**T**he recommended 60 minutes of exercise a day for kids still applies in winter. Here's how to get them up off the couch, without yelling, "Get up off the couch!"

**TOYS!** The more choices, the merrier. When researchers at the University at Buffalo gave kids the option of playing with one, three, or five toys that promote movement—think jump ropes, basketballs, and sleds—active time nearly doubled among those with the most choices, compared with kids who had only one. "When you increase food variety, people eat more," says lead researcher Denise Feda, Ph.D. "Same goes for physical activity and toys."

**HANG WITH FIT FAMILIES** Children with friends who are active tend to have more physical activity in their lives than those with slacker buds, says a recent study in the journal *Medicine & Science in Sports & Exercise*. Read: Skip playdates with the neighbor whose Nintendo DS is glued to his wrist.

**MAKE IT EASY TO GET OUT** No kid likes getting bundled up like he's headed to the tundra, so keep it simple. Start with a moisture-wicking fabric like polypropylene instead of a cotton shirt. Then add a fleece, a waterproof jacket, and gloves—because even kids know it's hard to log on to Facebook with frost-bitten fingers. —BLAKE MILLER



## ASK THE DOCTORS



Jim Sears, M.D., is a board-certified pediatrician in Orange County, CA, and cohost of *The Doctors*. Check local listings for showtimes.

**Q** I saw that Emergen-C now has a formula for kids. Will it keep colds away?

**A** In my opinion, the dissolvable powder—including the kids' version, for children over 4—should be taken to help *diminish* the symptoms of a cold rather than as a daily vitamin. According to studies, a daily C supplement doesn't affect how many colds you come down with, but giving it to kids for a week as soon as sniffles start may slightly reduce the duration and severity of symptoms. Emergen-C Kidz packs a megadose of vitamin C: 250 milligrams, about five times more than a young child requires. (Rest assured, it's difficult to O.D., because most of that excess C will be excreted in the urine.) In general, I recommend that kids get their nutrients from a variety of colorful fruits and vegetables, since food-sourced vitamins are more readily absorbed by the body. One orange a day will provide a child under 12 with all the vitamin C he or she needs. If you have a picky eater, consider a daily multi; scout out a not-too-sugary option like Little Champions.

## Eat to beat your health problems

**T**he next time someone in the family gets an owie, look to your kitchen, not your medicine cabinet, for relief. "There are a lot of unexpected benefits from many of the foods we eat every day," says Hannah El-Amin, a registered dietitian specializing in integrative medicine at Northwestern Memorial Hospital in Chicago. Dig in, and get well soon.

**EASE STOMACH BLAHS** When a Mexican meal produces a fiesta in your belly, give peppermint a shot; it can help soothe abdominal discomfort, says a recent study from the journal *Pain*. A cooling agent called icilin activates a receptor in the colon that desensitizes the area. So pour yourself a cup of minty tea, or ask your doc about peppermint-oil capsules. Because really, nobody wants to give up enchiladas.

**CURE A COUGH** Treating *anything* with chocolate sounds good, and studies show that a substance in cocoa called theobromine may be the most effective cough suppressant around—even more so than codeine-based

More chocolate. Now that's an easy prescription to follow.

syrups. So go ahead and snack on an ounce or two of dark chocolate. Anyone else's throat suddenly feeling scratchy?

**FIX YOUR FORGETFULNESS** We all have those moments: You walk into a room and... wait, what did you come in for? Munching on celery or green peppers, two veggies high in the plant extract luteolin, may help boost your memory, according to a 2011 study published in *The Journal of Nutrition*. Scientists found that feeding mice luteolin helped fight aging in the brain and improved memory. We knew celery sticks were good for *something*.

**BEAT BAD BREATH** A cup of tea may edge out gum for fighting stinky breath, per a study from the University of Illinois, Chicago. Go for green or black teas, which contain compounds that suppress bacteria in the mouth, deodorizing every exhalation. Or offer some to your closetalking coworker! —JESSICA GIRDWAIN



## ICKY PILLOW ALERT

Men's pillows are almost twice as germ- and fungus-infested as women's, a study by SleepBetter.org recently found. And it may be because men are more likely than we are to go to sleep without washing their hair and faces or sometimes even brushing their teeth, experts report. So stick with separate pillows, says Lisa Shives, M.D., founder of Northshore Sleep Medicine in Chicago, and throw his potentially grungy one in the dryer for 30 minutes on high heat once or twice a month to kill whatever's in there.



# Does depression hold you back from what you enjoy?

Depression is a serious medical condition that can take so much out of you. It can make you feel sad, helpless and uninterested

in your favorite activities.

SOMETIMES DEPRESSION CAN MAKE YOU FEEL LIKE YOU HAVE TO WIND YOURSELF UP.

PRISTIQ® (desvenlafaxine) 50 mg is FDA-approved to treat depression, and is believed to work on two chemicals in the brain, serotonin and norepinephrine. PRISTIQ offers free education and support. Plus, with PRISTIQ, you may be eligible for help with prescription costs.\* If depression is affecting the way you feel about yourself, treating it may help. Ask your doctor if PRISTIQ may be right for you.



**Pristiq**  
desvenlafaxine  
EXTENDED-RELEASE TABLETS

Visit [Pristiq.com](http://Pristiq.com) or call 1-800-PRISTIQ (1-800-774-7847)

\*Eligibility restrictions apply. Offer subject to change. Please see [www.pristiq.com](http://www.pristiq.com) for full terms and conditions.

PRISTIQ is a prescription medication approved for the treatment of major depressive disorder in adults.

## Important Safety Information About PRISTIQ

### Suicidality and Antidepressant Drugs

Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive, or restless. Should these occur, report them to a doctor. PRISTIQ is not approved for use in children under 18.

People taking MAOIs should not take PRISTIQ. Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including: medicines to treat migraines or psychiatric disorders, to avoid a potentially life-threatening condition; and aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding.

PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including:

- High blood pressure, which should be controlled before you start taking PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels or a history of stroke, glaucoma or increased eye pressure, kidney or liver problems, low sodium levels in your blood
- Have or had bleeding problems
- Have or had depression, suicidal thoughts or behavior
- Mania, bipolar disorder, or seizures or convulsions
- If nursing, pregnant, or plan to become pregnant

Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your healthcare professional before stopping or changing your dose of PRISTIQ. Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Important Risk Information for PRISTIQ on the following page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

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## IMPORTANT FACTS ABOUT



**Pristiq**  
desvenlafaxine  
EXTENDED-RELEASE TABLETS

(pris•teek')  
Pristiq® -  
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Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

**What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?**

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.
2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.
3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

**Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:**

- thoughts about suicide or dying
- trouble sleeping (insomnia)
- attempts to commit suicide
- new or worse depression
- acting aggressive, being angry or violent
- new or worse anxiety
- acting on dangerous impulses
- feeling very agitated or restless
- an extreme increase in activity and talking (mania)
- panic attacks
- other unusual changes in behavior or mood

**What else do I need to know about antidepressant medicines?**

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

### Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

### What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).
- Pristiq is not approved for use in children and adolescents.

### Who should not take Pristiq?

**Do not take Pristiq if you:**

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

### What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:

- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- history of stroke
- have or had depression, suicidal thoughts or behavior
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

### Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions

Rare, but potentially life-threatening, conditions called serotonin syndrome or Neuroleptic

Malignant Syndrome (NMS)-like reactions can happen when medicines such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles, heart and blood vessels, and digestive system work.

**Especially tell your healthcare provider if you take the following:**

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- sibutramine
- tramadol
- medicines used to treat mood, anxiety, psychotic, or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs), antipsychotic drugs, or other dopamine antagonists, such as metoclopramide

Ask your healthcare provider if you are not sure whether you are taking any of these medicines. Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

**Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.**

### Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

### What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

### What are the possible side effects of Pristiq?

**Pristiq can cause serious side effects, including:**

- See the beginning of this page.
- Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

**Pristiq may also cause other serious side effects including:**

- **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.
- **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- **Glaucoma (increased eye pressure)**
- **Increased cholesterol and triglyceride levels in your blood**
- **Symptoms when stopping Pristiq (discontinuation symptoms).**

Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:

- dizziness
- abnormal dreams
- nausea
- tiredness
- headache
- irritability
- diarrhea
- sleeping problems (insomnia)
- sweating
- anxiety

### Seizures (convulsions)

• **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal.

• **Allergic reactions.** Some reactions can be severe such as swelling beneath the skin (e.g., throat, face, hands). Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:

- nausea
- diarrhea
- headache
- vomiting
- dry mouth
- loss of appetite
- sweating
- sleepiness
- tiredness
- insomnia
- decreased sex drive
- constipation
- delayed orgasm and ejaculation
- anxiety
- tremor
- feeling that your surroundings are spinning or moving
- dizziness
- dilated pupils

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at [www.pristiq.com](http://www.pristiq.com) or call our toll-free number 1-888-Pristiq.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**

### Contact Information

Please visit our web site at [www.pristiq.com](http://www.pristiq.com), or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit [www.pfizer.com](http://www.pfizer.com) or call our medical communications department toll-free at 1-800-934-5556.





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# HEALTHY YOU GUY KIDS



## MAN MEDICINE

*My hubby often gets up to pee in the middle of the night. Is that normal?*

"If it's only once per night, it's probably nothing to fret about. Cutting back on fluids three to four hours before bedtime—including that halftime beer, as well as fruits and veggies that have a high water content, such as cucumbers and melons—should help him get uninterrupted sleep. Didn't work? The culprit could be sleep apnea, a breathing condition in which soft tissue in the throat blocks the flow of air into the lungs, causing him to 'wake' suddenly, though guys instinctively think they're waking up to urinate. Your husband should make an appointment to see his doctor, who can also check to make sure he doesn't have an overactive bladder or a prostate condition."

—Robert Moldwin, M.D., an associate professor of urology at Hofstra University School of Medicine and director of the Pelvic Pain Treatment Center at the Arthur Smith Institute for Urology in New Hyde Park, NY

## ONE LESS THING TO WORRY ABOUT:

### HAVE COFFEE, IT'S OKAY!

Like to start your morning with a cup of joe—or three? Go for it. It could cut your risk of a particularly aggressive form of breast cancer. A recent study by the Karolinska Institute in Stockholm, Sweden, of nearly 6,000 women found that those who drank one to three cups of coffee a day lowered their risk of estrogen receptor-negative breast cancer by 27 percent. For women who downed three to five cups a day, that number jumped to 42 percent. "Coffee is a top source of cancer-preventing antioxidants," explains study author Jingmei Li, Ph.D. Barista, make it a venti!

—CHRISTINE RICHMOND



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The only thing more mysterious than the female body? We'll get back to you on that. Meantime, ob/gyn Hilda Hutcherson, M.D., answers your most private questions.

Dr. Hutcherson is an ob/gyn and a professor at Columbia University in New York City. Email her at [askhilda@redbookmag.com](mailto:askhilda@redbookmag.com).



More sleep can combat "I'm in PMS hell" days.

**Q** *I just got off the Pill, and my PMS is really bad! When will it calm down?*

**A** Every woman responds differently to going off the Pill, so it's difficult to predict when your body will adjust. It's believed that PMS is caused by sensitivity to shifts in hormone levels during the menstrual cycle; birth control pills get rid of these fluctuations, so when you quit taking them, you go back on your natural cycle—and, unfortunately, that may involve nausea, headaches, and emotional meltdowns. For some women, the symptoms aren't as bad as they were before they started taking the Pill; others notice that their PMS gets worse with age and stress. Many patients tell me they find moderate exercise (such as yoga) helpful, along with avoiding caffeine and alcohol, decreasing salt and sugar intake, getting more zzz's, and meditating. If your discomfort is severe, make an appointment to see your ob/gyn. She can prescribe antidepressants, ibuprofen, diuretics, or other medication to treat individual symptoms. In some cases, she may even recommend—wait for it—going back on the Pill.

**Q** *I was planning to get my 13-year-old daughter vaccinated for HPV, but I'm nervous. Should I be?*

**A** From one mom to another, let me tell you: Don't worry. I absolutely recommend that young women get vaccinated against human papillomavirus, or HPV. It's the most common sexually transmitted infection in the United States, and certain types may cause cervical cancer, which kills 4,000 American women each year. Two vaccines, Gardasil and Cervarix, protect against the forms that cause most cancer cases, and are given to girls ages 12 to 26. If you're concerned that you'll be condoning sexual activity, forget about it! There is zero evidence that this vaccine leads to promiscuity, although it's a good idea to talk with your daughter about healthy sexual behavior anyway. Millions have received the shot, and any side effects, such as headaches, dizziness, or fainting, are temporary. So please, get your daughter protected.

## CASE HISTORY

### SHE CURED HER YEAST INFECTION BY CHANGING HER DIET

I recently had a patient who had a chronic yeast infection that came back every month, right after her period. The discharge and discomfort were so intense that she couldn't sleep, and sex was out of the question most of the time, which wasn't doing much for her relationship. She'd tried antifungal creams and pills, but inevitably she'd be hit with another itch attack. There have been studies—and I've seen lots of anecdotal evidence

from women in my practice over the years—indicating that diet changes can treat the yeast. So we tried this combo approach: a low-carb eating plan, cotton undies, probiotics in the form of a daily serving of yogurt with live and active cultures (a.k.a. healthy bacteria that can inhibit the growth of yeast in the vagina), and two Lactobacillus acidophilus tablets each day. Within three weeks, her infection disappeared—for good.

FROM TOP: COURTESY OF SUBJECT, SIRI STAFFORD/GETTY IMAGES.



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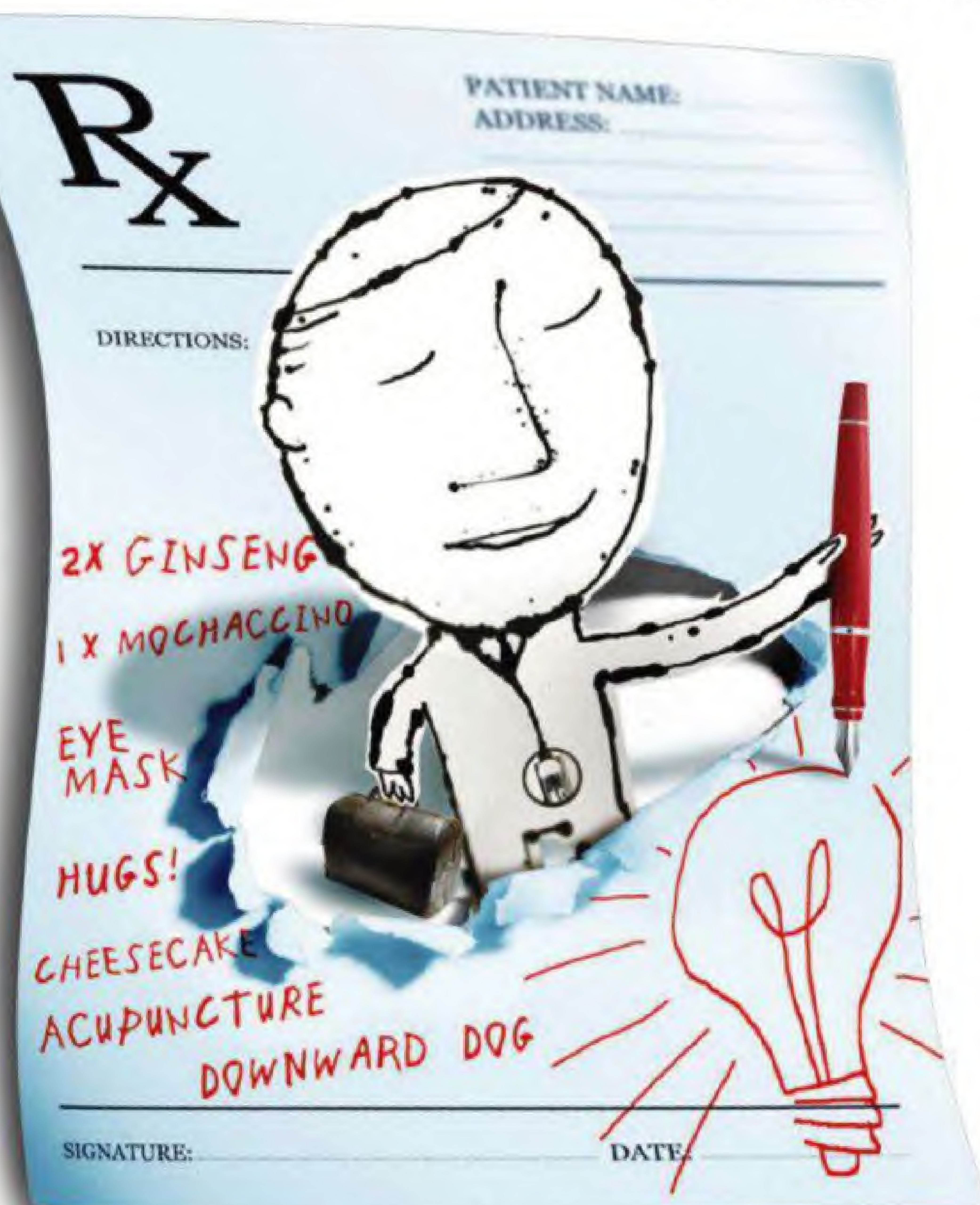
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# 25 personal health secrets from top doctors

How does Sanjay Gupta stop a pounding headache? How does Travis Stork kick the flu? Find out just what docs do when they feel lousy, and use their tips to stay well. By Lisa Mulcahy and Tula Karras



**T**hey haven't gotten sick since the fifth grade! They skip to the gym every day! They never hit the snooze button! They're so Zen they float to work on a lotus leaf! None of these assumptions about health experts are true, of course. "Doctors struggle just as much as everyone else when trying to stick with healthy lifestyle habits, especially since our schedules are so unpredictable," says May Hsieh Blanchard, M.D., chief of the division of general obstetrics and gynecology at the University of Maryland School of Medicine in Baltimore. "The only way I'll remember to take my vitamins is to leave a little travel bottle next to my toothbrush." Unlike us regular folk, though, the people in white coats know the human body so well they can figure out ways to compensate, outsmart, and cure issues that bedevil the rest of us. The famous docs REDBOOK spoke to coughed up 25 great tips you won't find on a prescription pad—including four things they do every single day.

## HOW DOCS KNOCK OUT PAIN

**1. I press to stop headaches.** "Here's a great remedy I use: Take your thumbs and place them under your brows, and just above the middle of your eye socket. Push in and up, like you're giving a thumbs-up; hold for a few seconds. This pressure on the orbital nerve can make stress-related headaches disappear." —*Sanjay Gupta, M.D., chief medical correspondent for CNN and associate chief of neurosurgery at Grady Memorial Hospital in Atlanta*

**2. I stretch away my tense spots.** "I have long used yoga poses called the Cat and Cow for the occasional mild backache. Begin on all fours, with your arms straight and hands placed directly below your shoulders. Slowly alternate between gently rounding your back as you tuck your chin in toward your chest on an inhale ("cat"), and then letting your stomach drop toward the ground as you lift your chest and arch your back ("cow") on an

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## HEALTH READ

exhale. After a few minutes of this, I usually find relief." —*Andrew Weil, M.D., founder and director of the Arizona Center for Integrative Medicine*

**3. I safely treat a cut.** "A lot of people don't know you should spread a wound open when you clean it to get as much germy junk out as possible. I'll run to the nearest sink instead of slapping on a bandage, which could trap bacteria inside." —*Michael Roizen, M.D., chief wellness officer at the Cleveland Clinic and coauthor of You: Staying Young*

### HOW DOCS KICK COLDS AND FLU

**4. I declare war!** "When I get a scratchy throat, I gargle with warm salt water and eat more fruits and veggies; my body needs extra vitamins and nutrients to fight off a cold. I keep exercising, but I don't overdo it, and I get plenty of rest. I also rinse my nasal passages with saline mist when I feel stuffy, once in the morning and once before bed. It's like washing away the cold virus." —*Travis Stork, M.D., emergency medicine physician at Vanderbilt Medical Center in Nashville and cohost of The Doctors*

**5. I listen to my body.** "I believe that negative thoughts and worry deplete the body and allow things like colds to take hold much more easily. That's one of the reasons I meditate every morning for 20 minutes. I think of it as 'taking out the garbage' in my life, mind, and body. I'm also very conscious of asking myself a simple question many times a day: What do I need? Is it food? Relaxation? Exercise? Listening to what my body tells me means I can make healthy choices, day in, day out." —*Susan B. Lord, M.D., integrative physician in Great Barrington, MA, and teacher at the Kripalu Center for Yoga & Health in Stockbridge, MA*

**6. I say no to antibacterial soap.** "Washing hands is key to keeping away cold germs, but I avoid using antibacterial soaps that contain triclosan, a chemical that may lead to antibiotic resistance. I use alcohol-based hand



sanitizers and, when I'm near a sink, good old-fashioned soap and water—it kills 99.9 percent of germs." —*Gina M. Solomon, M.D., associate clinical professor of medicine at the University of California, San Francisco*

**7. I go herbal.** "To prevent colds, I'm a fan of North American ginseng, a botanical supplement you can find at health food stores. You have to take two doses of it every day during flu season, but the payoff is worth it: You can count on an approximate 30 percent reduction in the incidence of catching colds, which is pretty great. I also recommend zinc. Take it at the start of your symptoms—30 mg per day—and it will shorten the duration of your cold by half." —*David Katz, M.D., ABC News medical consultant and director of the Yale University Prevention Research Center in New Haven, CT*

**8. I gorge on greens.** "The best foods you can eat to fuel your immune response are green vegetables—they're loaded with antioxidants that keep free radicals in your body under control. A refrigerator stocked with lettuce, kale, and broccoli is my secret weapon during flu season." —*Joel Fuhrman, M.D., author of Super Immunity*

### HOW DOCS KEEP THE WEIGHT OFF

**9. I make exercising fun.** "I've brought the gym home and started jumping rope, hula hooping, and boxing. I still love to surf and play tennis, but it's nice to have things I can do anytime, anywhere.



You have to keep exercise fun, easy, and cheap." —*Lisa Masterson, M.D., an ob/gyn in Santa Monica, CA, and cohost of The Doctors*

**10. I squeeze in workouts at work.**

"I struggle with consistent exercise, even though I see the effects of the lack of it in my patients and in myself. So I do what I tell them to do: Plan it into your workday. Take a brisk walk during lunch, for instance. I've actually put a mini trampoline in my office to get moving when the mood strikes. But the thing that motivates me the most is watching movies when I'm on the elliptical at home. I'll get back on the machine just to finish the movie!" —*Hilary Tindle, M.D., assistant professor of medicine, division of general internal medicine, at the University of Pittsburgh School of Medicine*

**11. I milk my diet.** "I have a 12-ounce skim latte every day. I also snack on low-fat cheese sticks and treat myself to frozen yogurt at night—it's cool and calcium-packed, which is key for muscle function and bone health." —*Sharon Phelan, M.D., professor, department of ob/gyn, at the School of Medicine Health Science Center, University of New Mexico, Albuquerque*



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**12. I zoom around airports.** “Instead of plunking down at the gate, I keep moving. By the time I get onto the plane, I’ve gotten in 30 minutes of walking. That can easily burn off a couple hundred calories.” —*Travis Stork, M.D.*

**13. I give baked goods a boost.** “I use white whole-wheat flour in all recipes that call for flour. It tastes like regular flour, but because it’s made with whole grains, I get the added heart-healthy, belly-filling benefits of fiber.” —*Christine Gerbstadt, M.D., R.D., author of The Doctor’s Detox Diet: The Ultimate Weight Loss RX*

## HOW DOCS AMP UP THEIR ENERGY

**14. I get needled.** “I regularly schedule acupuncture appointments. I find that acupuncture reduces both stress and physical pain, two things that can deplete the body of energy.” —*Lisa Airan, M.D., an aesthetic cosmetic dermatologist in New York City and former National of Institutes of Health fellow*

**15. I hug it out.** “Nothing rejuvenates me faster than sharing my love with the people who matter most to me. My wife and I make a point of hugging for a full 30 seconds as often as we can; research has shown that it can help reduce the physical and emotional stress that can build up and zap your energy.” —*David Katz, M.D.*

**16. I get light therapy.** “Here’s one way I recharge my internal battery daily: I dim the lights one hour before bedtime and sleep in a pitch-black room. In the morning I make sure I get some sunshine; I’ll sit near a window or take a walk outside. Bright light turns off secretion of melatonin, a sleep neurotransmitter, and stimulates the production of serotonin, which helps you feel energized.” —*Joel Fuhrman, M.D.*

## HOW DOCS QUIT STRESSING

**17. I breathe away tension.** “My favorite stress management secret is the 4-7-8 technique. Sit or lie in a comfortable position and place the tip of your tongue just behind your upper teeth throughout the exercise. Exhale completely through your

mouth, making a gentle ‘whooshing’ sound. Next, close your mouth and inhale quietly through your nose for a count of four. Hold your breath for a count of seven, then exhale completely through your mouth, whooshing for eight counts. Repeat the cycle three more times.” —*Andrew Weil, M.D.*

**18. I play mind games.** “When my brain’s on overload, I use progressive relaxation to coax myself to sleep. I visualize each part of my body, starting at my toes, and imagine them completely at rest. Then I move upward one muscle group at a time till I reach the crown of the head. This gets me to doze off.” —*Carl Bazil, M.D., director of Columbia University’s Sleep Medicine Center in New York City*



**19. I tune in to tune out the day.** “I listen to music—usually classical or rock—on the way home from work to unwind and get into family mode. I think transition time is really important, especially for busy moms.” —*Sharon Phelan, M.D.*

**20. I just chill.** “One great trick I use—especially if my back is tense—is to roll up a small towel into a ball, lie flat on the floor, and place it directly under the part of my back that hurts. Then I put my hands on my belly and just relax.” —*Michael Roizen, M.D.*

**21. I get a grip with a magic mantra.** “I choose to do my best in any stressful situation I face, rather than reacting emotionally. Words I try to live by: ‘All you can do is all you can do—and all you can do is enough.’” —*Barry Franklin, Ph.D., director of cardiac rehabilitation and exercise laboratories at William Beaumont Hospital in Royal, MI*

## DOCS’ EVERYDAY GOOD HEALTH HABITS

### DON’T SKIMP ON SKIN CARE

“I was the poster child for sun damage when I was younger—I skipped classes in college to tan! Then one day in my 30s, I caught a glimpse of myself in a mirror and thought, *Who’s that old lady?* Now I apply moisturizer with SPF—I love Neutrogena—two to three times a day (yes, even in winter). I also enjoy a bottle of fizzy Pellegrino every night, which helps keep my skin hydrated.” —*NANCY SNYDERMAN, M.D., CHIEF MEDICAL EDITOR, NBC NEWS*

### FRONT-LOAD YOUR CALORIES

“One time-tested tip I try to follow is to eat breakfast like a king, lunch like a prince, and dinner like a pauper. Breakfast is often eggs, whole-wheat toast, a bowl of fruit, and oatmeal. I try to eat slowly; it can take up to 15 minutes for the brain to recognize that your stomach is full, so this helps me avoid overeating. And when I’m hungry, I have some water first and wait a bit—thirst and hunger can be easily confused by the body.” —*SANJAY GUPTA, M.D.*

**NEVER MISS A CHECKUP** “I link my yearly exams with easy-to-remember events: Back-to-school season signals I’m due for an ob/gyn check-up, and my birthday means it’s time for a mammogram.” —*MAY HSIEH BLANCHARD, M.D.*

**TEND TO YOUR TICKER** “I’m a physiologist in a cardiac rehab lab and a heart patient, so I exercise at least three times a week—my wife and I will do a four-mile walk together—and I make very healthy food choices: grilled fish, lots of fruits and vegetables. I allow myself a once-in-a-while piece of cheesecake, because an occasional treat isn’t going to do damage; it’s your everyday choices that make the difference.”

—*BARRY FRANKLIN, PH.D.*





For patients 12 years and older whose asthma is not well controlled on a long-term asthma medicine, or when disease severity warrants

## Asthma symptoms still not under control?

# Talk to your doctor and get one month of SYMBICORT FREE!\*

**This is a limited-time offer**, so take this voucher to your doctor today. If your doctor decides SYMBICORT is right for you, take your prescription along with this voucher to your pharmacist. It's that easy!

SYMBICORT is an asthma control medicine that has been proven to help

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improve lung function, helping patients breathe better all day and night.<sup>†</sup> Once your asthma is well controlled, your doctor will decide if you can stop taking SYMBICORT without loss of control and may prescribe a long-term asthma control medicine such as an inhaled corticosteroid.

<sup>†</sup> When taken twice daily.

## Tear out this page to get one month of SYMBICORT FREE!\*

**OFFER EXPIRES: 03/31/2012.**

**For new SYMBICORT patients only. Not valid on refills.**

\* Subject to eligibility rules. Restrictions apply.

### IMPORTANT INFORMATION ABOUT SYMBICORT

#### Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting beta<sub>2</sub>-adrenergic agonist (LABA). LABA medicines such as formoterol increase the risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

SYMBICORT does not replace rescue inhalers for sudden asthma symptoms. Be sure to tell your health care provider about all your health conditions, including heart conditions or high blood pressure, and all medicines you may be taking. Some patients taking SYMBICORT may experience increased blood pressure, heart rate, or change in heart rhythm.

Do not use SYMBICORT more often than prescribed. While taking SYMBICORT, never use another medicine containing a LABA for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines, as using too much LABA may cause chest pain, increase in blood pressure, fast and irregular heartbeat, headache, tremor, and nervousness.

Patients taking SYMBICORT should call their health care provider or get emergency medical care:

- if you experience serious allergic reactions including rash, hives, swelling of the face, mouth and tongue, and breathing problems.
- if you think you are exposed to infections such as chicken pox or measles, or if you have any signs of infection. You may have a higher chance of infection.
- if you experience an increase in wheezing right after taking SYMBICORT, eye problems including glaucoma and cataracts, decreases in bone mineral density, swelling of blood vessels (signs include a feeling of pins and needles or numbness of arms or legs, flu like symptoms, rash, pain, and swelling of the sinuses), decrease in blood potassium and increase in blood sugar levels.

If you are switching to SYMBICORT from an oral corticosteroid, follow your health care provider's instructions to avoid serious health risks when you stop using oral corticosteroids.

Common side effects include nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, stomach discomfort, flu, back pain, nasal congestion, vomiting, and thrush in the mouth and throat.

#### Approved Uses for SYMBICORT for Asthma

SYMBICORT is a medicine for the treatment of asthma for people 12 years and older whose doctor has determined that their asthma is not well controlled with a long term asthma control medicine such as an inhaled corticosteroid or whose asthma is severe enough to begin treatment with SYMBICORT. SYMBICORT is not a treatment for sudden asthma symptoms.

**Please see Important Product Information on adjacent page and discuss with your doctor.**

*You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.*

**For more information, call 1-800-687-3755  
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**Pharmacist:** For reimbursement, please submit to **Patient Choice**. The information printed on the reverse side should be used when submitting for reimbursement. For questions, please call the Help Desk at 1-800-422-5604.

If you are without prescription coverage and cannot afford your medication, AstraZeneca may be able to help. For more information, please visit [www.astrazeneca-us.com](http://www.astrazeneca-us.com)

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.FDA.gov/medwatch](http://www.FDA.gov/medwatch), or call 1-800-FDA-1088.

## IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

**No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.**

### WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

People with asthma who take long-acting beta<sub>2</sub>-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), have an increased risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

**SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.**

Talk with your health care provider about this risk and the benefits of treating your asthma with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control. Get emergency medical care if:

- breathing problems worsen quickly, and
- you use your rescue inhaler medicine, but it does not relieve your breathing problems.

Children and adolescents who take LABA medicines may be at increased risk of being hospitalized for asthma problems.

### WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine used for asthma and chronic obstructive pulmonary disease (COPD). It contains two medicines:

- Budesonide (the same medicine found in Pulmicort Flexhaler™, an inhaled corticosteroid). Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®). LABA medicines are used in patients with COPD and asthma to help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

SYMBICORT is used for asthma and chronic obstructive pulmonary disease as follows:

#### Asthma

SYMBICORT is used to control symptoms of asthma and prevent symptoms such as wheezing in adults and children ages 12 and older.

#### Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used long-term, two times each day, to help improve lung function for better breathing in adults with COPD.

### WHO SHOULD NOT USE SYMBICORT?

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

### WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE USING SYMBICORT?

Tell your health care provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- have eye problems such as increased pressure in the eye, glaucoma, or cataracts
- are allergic to any medicines
- are exposed to chicken pox or measles
- are pregnant or planning to become pregnant. It is not known if SYMBICORT may harm your unborn baby

- are breast-feeding. Budesonide, one of the active ingredients in SYMBICORT, passes into breast milk. You and your health care provider should decide if you will take SYMBICORT while breast-feeding

Tell your health care provider about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Know all the medicines you take. Keep a list and show it to your health care provider and pharmacist each time you get a new medicine.

### HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care provider has taught you and you understand everything. Ask your health care provider or pharmacist if you have any questions.

Use SYMBICORT exactly as prescribed. **Do not use SYMBICORT more often than prescribed.** SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care provider will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- SYMBICORT should be taken every day as 2 puffs in the morning and 2 puffs in the evening.
- Rinse your mouth with water and spit the water out after each dose (2 puffs) of SYMBICORT. This will help lessen the chance of getting a fungus infection (thrush) in the mouth and throat.
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care provider.
- Do not change or stop any medicines used to control or treat your breathing problems. Your health care provider will change your medicines as needed.
- While you are using SYMBICORT 2 times each day, do not use other medicines that contain a long-acting beta<sub>2</sub>-agonist (LABA) for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.
- SYMBICORT does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have a rescue inhaler, call your health care provider to have one prescribed for you.

### Call your health care provider or get medical care right away if:

- your breathing problems worsen with SYMBICORT
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use one whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your health care provider will tell you the numbers that are right for you
- your symptoms do not improve after using SYMBICORT regularly for 1 week

### WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta<sub>2</sub>-agonist (LABA) for any reason, such as

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil Aerolizer, Brovana®, or Perforomist®

### WHAT ARE THE POSSIBLE SIDE EFFECTS WITH SYMBICORT?

**SYMBICORT can cause serious side effects.**

- Increased risk of pneumonia and other lower respiratory tract infections if you have COPD. Call your health care provider if you notice any of these symptoms: increase in mucus production, change in mucus color, fever, chills, increased cough, increased breathing problems
- Serious allergic reactions including rash; hives; swelling of the face, mouth and tongue; and breathing problems. Call your health care provider or get emergency care if you get any of these symptoms

- Immune system effects and a higher chance for infections
- Adrenal insufficiency—a condition in which the adrenal glands do not make enough steroid hormones
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Increased wheezing right after taking SYMBICORT
- Eye problems, including glaucoma and cataracts. You should have regular eye exams while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Swelling of your blood vessels. This can happen in people with asthma
- Decreases in blood potassium levels and increases in blood sugar levels

### WHAT ARE COMMON SIDE EFFECTS OF SYMBICORT?

#### Patients with Asthma

Sore throat, headache, upper respiratory tract infection, thrush in the mouth and throat

#### Patients with COPD

Thrush in the mouth and throat

These are not all the side effects with SYMBICORT. Ask your health care provider or pharmacist for more information.

**NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care provider.**

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# MEN, LOVE & FAMILY

HONEST TALK ABOUT RELATIONSHIPS



**TELL THE TRUTH:**

What are you getting your partner for the holidays?

Who loves this gift more, father or 4-year-old?



*"I made reservations at a fancy hotel. We've*

*been living in an RV for a year traveling the country, and all she wants is a place with some nice, comfortable bedding and a bathtub."*

—STEVE FRANCIS, 34, married to WENDY for 4 years

*"He's getting a generator. What he really wants is me dressed up in a bow and nothing else, but with three kids in the house, he has a better chance of getting his second choice."*

—KATHY MILILLO, 44, married to FRANK for 22 years



*"I'm buying her a promise ring, something simple*

*with a single diamond. This isn't the big engagement yet—baby steps here!"*

—RAPHAEL SHARMA, 29, dating POONAM for 4 years

*"Some cowboy boots—he loves western style but still doesn't have a good pair. This year, I'll change that."*

—ROSE DAWSON, 48, married to HERMAN for 9 years



*"I'm going to visit him in Germany. He's in the*

*Army and will be deployed there, so I'll join him and we'll spend a week together. Neither of us has ever been!"*

—JANAI HUMPHREY, 31, dating CORNELL for 2 years





## What he *really* means when he says he wants to cuddle

According to a new study from the Kinsey Institute, as couples age, cuddling becomes more important to a man's relationship happiness than it does to a woman's. It even means more to him than sex! "I was shocked, but we found this to be true for over 1,000 men in five countries," says researcher Julia Heiman, Ph.D. We thought: *Really?* Because it often seems like men think the road through Cuddletown leads right to Sexville. Could men and women just have different definitions of cuddling? We asked some guys what it means to them, and heard this:

***It's not that their idea of cuddling is different than ours...***

- "For me, it means sitting on the couch watching the game with my arm around her. Even better if I have a beer on the other side!" —BRIAN, 37
- "Cuddling is a way to show her that she's safe, and it helps her fall asleep easier. Then I can go to sleep, because she stops talking!" —LARRY, 25

***...it's just (as we suspected) better if snuggles and sex go hand in hand.***

- "I like to cuddle... after we have sex. It's a nice way to still feel close after the main event!" —BRET, 33

## KNOW THIS ABOUT PORN

If you peek at racy websites—and women obviously do, since it's been reported that half the people searching "XXX" online are female—fessing up to your partner may improve your relationship. A University of Denver study found that couples who watch porn together felt closer than those who viewed it separately. Another reason to watch *a deux*? His solo habits could hurt your sex life: Italian researchers are finding that 70 percent of 18- to 25-year-old men seeking help for sexual dysfunction are frequent porn users. And it's not just young guys, says sex therapist Ian Kerner, Ph.D. "I've dealt with men of all ages who are finding it harder to enjoy real sex due to an excessive use of porn." The antidote is to "bring the focus back to each other by finding something you enjoy watching together." Above all, Kerner says, "Limit it to a healthy level of consumption." So lay off the keyboard and pay attention to the real, live, vitally important person in bed next to you.

## Love life road test

### HAVE A CELL-PHONE-FREE DATE NIGHT!

We challenged two tech-obsessed couples to leave their smartphones at home for a night. The results...

#### Couple #1: B.B. and C.B., Indianapolis

"Our dates are always fun, but usually we're both updating our Facebook statuses or checking the news. I'd never realized how fiddling with our phones took the place of enjoying each other's company. The phone-free evening reminded me of our first date, 19 years ago! It was refreshing, and we felt much more tuned in to each other. We've already agreed that we will try to keep our phones out of our hands and off the table in the future."

**Ranking:** Hubba Hubba ♥♥♥♥♥

#### Couple #2: S.M. and A.M., North East, MD

"We left our babysitter the restaurant's number but were still a little nervous about being away from home without our phones. At first it felt weird that he wasn't absorbed with the football scores and I wasn't telling everyone on Facebook

exactly what we were doing, but eventually we relaxed and just enjoyed each other. The only distraction was wondering if everything was okay with our son at home. I don't think we'll go on a date without phones again, but we'll try not to use them for anything but emergencies."

**Ranking:** Awww ♥♥♥♥♥



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...not to quote the stat about how many men have heart attacks while shoveling snow—as you go out to shovel snow.

...never to ask, “Are you wearing *that*?” when you obviously already are.

...that I will try harder to remember where I put my bag when I come home. And someday my keys. One step at a time.

...that I realize wanting you to rub my feet all the time and never, ever wanting to touch yours is essentially unfair.

...to never stop grabbing you for a deep, sexy kiss—even though it makes the kids scream, “Eww, my eyes are *burrning*!”

## ♥ DEAREST WIFE, I PROMISE...

...that I will sit down, shut up, and watch an episode of *Glee* without once raising my lip-synching suspicions.

...next time I'll remember I'm a dad having a friendly snowball fight with his kids, not a World of Warcraft death match.

...that I know you are the best gift I've ever received, and to unwrap you very slowly and appreciatively on Christmas night.

...to contribute more than just my signature to the thank-you note.

...to accept that the pecking order in the bed goes child, dog, pillows, then me.

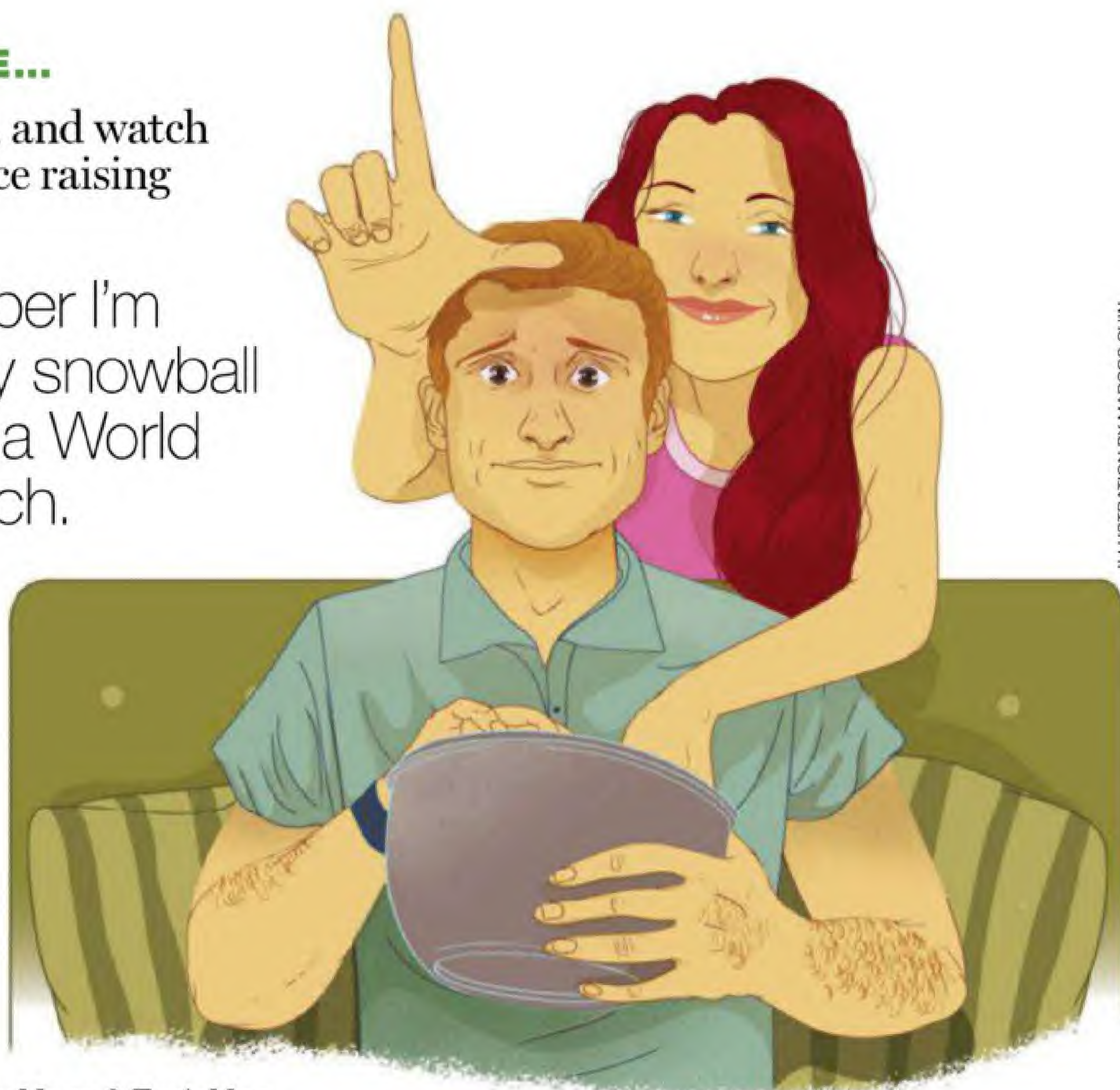


ILLUSTRATION BY MARCOS CHIN.





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# End ye olde holiday fights

You told REDBOOK what you argue about with your guy every single year, then we got Judge Marilyn Milian from *The People's Court* to deliver a final verdict. Cheaper than hiring a lawyer, right?



When her robe comes off, the *People's Court* judge is a wife—to another judge!—and mom to three daughters.



**CASE #1: "His family comes over, but I end up doing all the work!"**

**JUDGE MILIAN**

**RULES:** Put the kibosh on that dynamic *immediately*. Couples have a nasty habit of settling into whatever role each one thinks they play best. In this case, you do everything and he watches over the remote, his beer, and ESPN. Either he helps out or you delegate it *all* to him. That said, make sure you're not demanding Martha Stewart perfection for what should be casual, stress-free entertaining. You can even suggest take-out and disposable plates. When I asked my husband the other day to help me with a dinner party, his response was, "Gladly, but you and I are very different. You are like a shark, always in motion, and I am like the gentle manatee. I need a slower pace." **My verdict:** You

win, but find a way for the shark and the manatee to share the sea harmoniously.

**CASE #2: "We can never agree on how much to spend on the kids. I want to shell out more than he does."**

**JUDGE MILIAN RULES:**

When you say you "want to shell out more," are we talking the latest video games or violin lessons? Everything is relative. Stretching a budget to spend more on the kids makes sense if it's on logical expenditures—like things that will enrich their education and broaden their horizons. **My verdict:** You'll both lose if you don't find reasonable middle ground. If you can't get there on your own, bring in a financial expert to hear both of your concerns, break the tie, and come up with a sensible spending plan. ►



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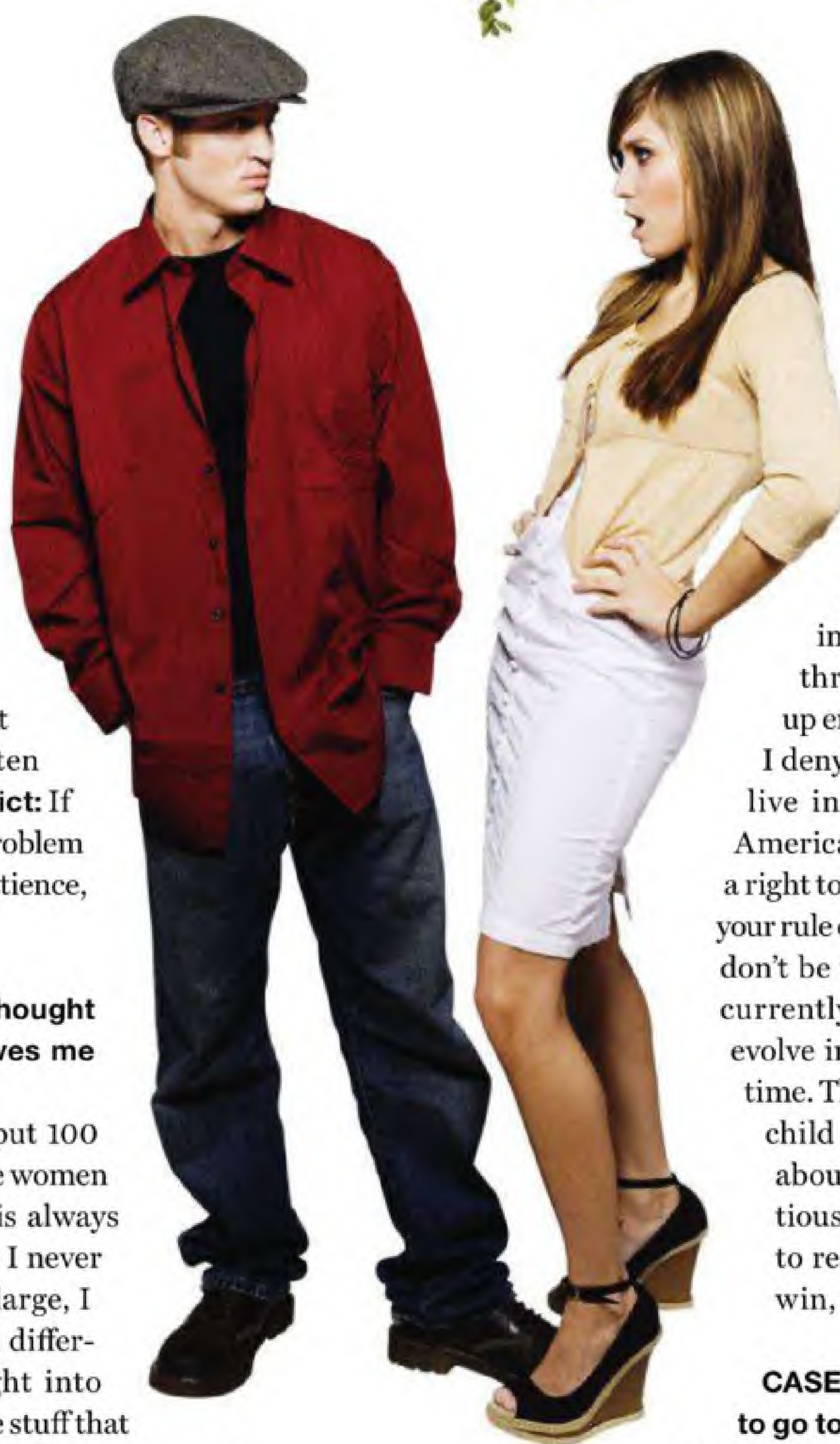
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**CASE #3: "I like to look for a while to find the perfect Christmas tree, but he wants to buy the first one we see."**

**JUDGE MILIAN RULES:** Oh, if this were only limited to once-a-year Christmas trees! I find that men often choose the path of least resistance, while women are often excessively perfectionist. **My verdict:** If you take more than an hour, the problem is your obsessiveness, not his impatience, and I rule in his favor.

**CASE #4: "I always put a lot of thought into his gifts, and he always gives me some crappy perfume."**

**JUDGE MILIAN RULES:** If you put 100 couples in a room, I think 99 of the women would feel the same way. There is always the rare thoughtful fellow (whom I never seem to have dated), but by and large, I think men and women are wired differently. We put impressive thought into everything, even sometimes simple stuff that doesn't merit it. Men just don't. So find that happy place where you won't be resentful. Make a date to shop together for your present, give him a few suggestions, or have him consult a friend of yours whom you have secretly coached (if you are still trying to pretend it's his effort). But eventually, in the maturing process of a relationship, you reach a point where you're way more concerned about how he treats you on a daily basis, not just on ceremonial occasions like holiday gift-giving. As my 88-year-old father says about my mother, "Every day is her birthday!" It is—and they've been happily married for 56 years. **My verdict:** You win. If it's important to you, he needs to make a better effort, but give him the guidance he needs.

**CASE #5: "I like the holiday decorations to be down by New Year's Day, but he likes to keep them up longer."**

**JUDGE MILIAN RULES:** Lighten up! And that's *me* talking—I love organization and promptness. But are you kidding me? Have a glass of champagne and relax. If he wants the decorations around until January 31, consider yourself lucky to be with a man who has a whimsical side. **My verdict:** You lose, soundly.

**CASE #6: "He wants to buy our son toy weapons, but I'm against them!"**

**JUDGE MILIAN RULES:** I didn't want any toy weapons in my house either. But even with three daughters, that rule ended up eroding a bit over time. How can I deny them water soakers when we live in Miami, the pool capital of America? On the one hand, you have a right to expect your partner to respect your rule on this topic. On the other hand, don't be too rigid, because issues that currently seem black and white may evolve into subtle shades of gray over time. The important thing is that your child grows up with an awareness about safety and learns to be cautious in dangerous situations, and to respect others. **My verdict:** You win, for now.

**CASE #7: "We argue about having to go to his parents' house, because they live so far away that we always end up needing to stay overnight. And there are already way too many people staying there!"**

**JUDGE MILIAN RULES:** Here you have a loving son who wants to keep his family together, and you can't sacrifice an overnight stay? It's time to compromise, my dear. Either arrange for a hotel or suck it up. But don't ask him to forgo family visits because you find it inconvenient. Family is *all* about making sacrifices, in return for cradle-to-grave love, support, and fellowship. **My verdict:** He's a winner—and a keeper!

**CASE #8: "We fight over the lyrics to 'We Wish You a Merry Christmas.' I say it's 'We all like figgy pudding,' and he says it's 'We all like breaded pudding.' We've been having this argument for 20 years, and he still thinks he's right!"**

**JUDGE MILIAN RULES:** After extensive research (five seconds on the Internet), I have come up with "Now bring us some figgy pudding" and "Oh, bring us a figgy pudding." **My verdict:** You two have to find better stuff to argue about! Spend a week at my house; we'll give you some ideas. ®



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# James McAvoy is ho, ho, hot

The Scottish star of *Arthur Christmas* talks about unwrapping presents... and his costars.



He's brooding, passionate, and a good cook: "I probably have 20 dishes!"

## JAMES AT A GLANCE

Guiltiest pleasure:



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"It's the only rock 'n' roll thing about me."

Favorite childhood TV show:



**THE ORIGINAL STAR TREK**

"I was very into it. That and *T.J. Hooker*."

Most memorable holiday gift:



**A SLINGSHOT, FROM ANNE HATHAWAY**

"The windows in my neighborhood are not safe!"

You've starred in a lot of tormented romances, like *Becoming Jane* and *Atonement*. What is it about forbidden love that attracts you?

High, high passion is a nice thing to play. I can connect to it easily... it's weird. I enjoy playing those moments in people's lives where it's the first time. Those initial connections are like a bomb going off.

Speaking of initial connections, you met your wife [actress Anne-Marie Duff] shooting a sex scene. Were the sparks immediate?

Sex scenes are so, so awful, but that shouldn't come as a surprise. I've never done a sex scene I enjoyed. You feel like you're abusing people. It would be weird if an actor said he did.

So you connected against all odds, then?

The true test is not to simulate sex, but to actually have the real thing.

You and your wife first acted together on the TV show *Shameless*, then you costarred again in the film *The Last Station*. Is it fun working together?

Only if the right fit comes along, and if we both like it. *The Last Station* was unintentional. She told me about a script she got and liked, and she said she was going to do it. And two weeks later, I said, "I got a great script." But I had no idea it was the same one. The director didn't know we were married!

When you shot *X-Men: First Class*, you said you enjoyed the fact that the film was made so close to your house. But wasn't it hard transitioning from action hero back into your off-duty role as family man?

As superheroes go, Charles Xavier [his *X-Men* character] is a little lame. The other ones are defined by conflict and self-loathing—nobody is happy—but Charles is kind of cool and at home with himself, and evolved and mature. He's the most balanced and human of them all, so he felt really normal to me. It was never that difficult to transition back into my life. Being away from my family for a long time, that's much harder.

And your character in the new animated film *Arthur Christmas* is totally different.

I play a son of Santa, who's second in line to inherit the... um... throne of Christmas, I suppose. He doesn't really stand a chance, because he's clumsy and no one believes he's capable. But he eats and breathes Christmas, and he holds to the belief that every child should get a present at Christmastime, and that's the mission of the film—that no one is left behind.

So what gift are you planning on giving Brendan, your 1-year-old, this holiday?

I can't answer that! But if I can get him something that interests him more than a cardboard box or wrapping paper, I'll be happy. —MARISA FOX



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skin and coat





# What his friends know about your **sex** life

Forget everything you've seen in a Judd Apatow movie. Married men do not tell all about what happens in your bedroom, says Aaron Traister. But they do spill this...



**REDBOOK** columnist Aaron Traister lives in Philadelphia with his wife and two kids. Read his blog at [redbookmag.com/whysguy](http://redbookmag.com/whysguy).

Once, my wife, Karel, came home from a hair appointment and told me that she'd compared notes with a casual girlfriend on how similar her husband and I were in our sexual habits. *Gah*. I know that guy—I don't need to be privy to his "habits," or how much they're like mine. She's told me about many sex conversations she's had with girlfriends, and frankly, I'm flabbergasted. You ladies really don't hold back, do you?

Believe it or not, dudes are much more tight-lipped about this stuff. I prefer not to hear what my friends' wives will or won't do in bed. I don't have any hang-ups when

it comes to seeing Karel as a sexual being since she's become a mother, but I have major hang-ups about seeing my friends' wives as sexual beings once they become wives and mothers. After a single life of trying to sleep with *everyone*, I think most married guys develop this mindset to safeguard our relationships with our friends and their partners. Nobody wants to go to a barbecue or birthday party where there's *Ice Storm* sexual tension bubbling beneath the surface; it cancels out whatever joy the piñata brings to the event. All that said, no man takes a total vow of silence. These topics are fair game:

**Frequency—or, should I say, infrequency.** The cliché is that everyone stops having sex after marriage and kids, so guys play up that idea for laughs. I've heard countless jokes about not getting any, and I've made them myself. But if all those dudes complaining about not having sex really weren't, I don't think they'd be laughing about it with their friends. At least I wouldn't be; I'd be crying in my basement. I actually worry more about the friend who isn't making those jokes and just seems angry all the time.

Talking about your less-than-gangbusters sex life is also a handy way to cancel a plan. The sentence "I'm not hanging out tonight because I'm going to have sex with my wife for the first time in a month" is an internationally recognized, bulletproof excuse for bailing on your friends. Every guy understands and automatically leaves you alone, with an implied "Good night and good luck."

**Family planning.** I recently had this exchange with the guy who sells me my coffee and bacon-egg-and-cheese:

**Me:** Karel's pushing to have another baby.

**Joe:** Well, you at least getting laid because of it?

**Me:** Last night and this morning. She's on a mission.

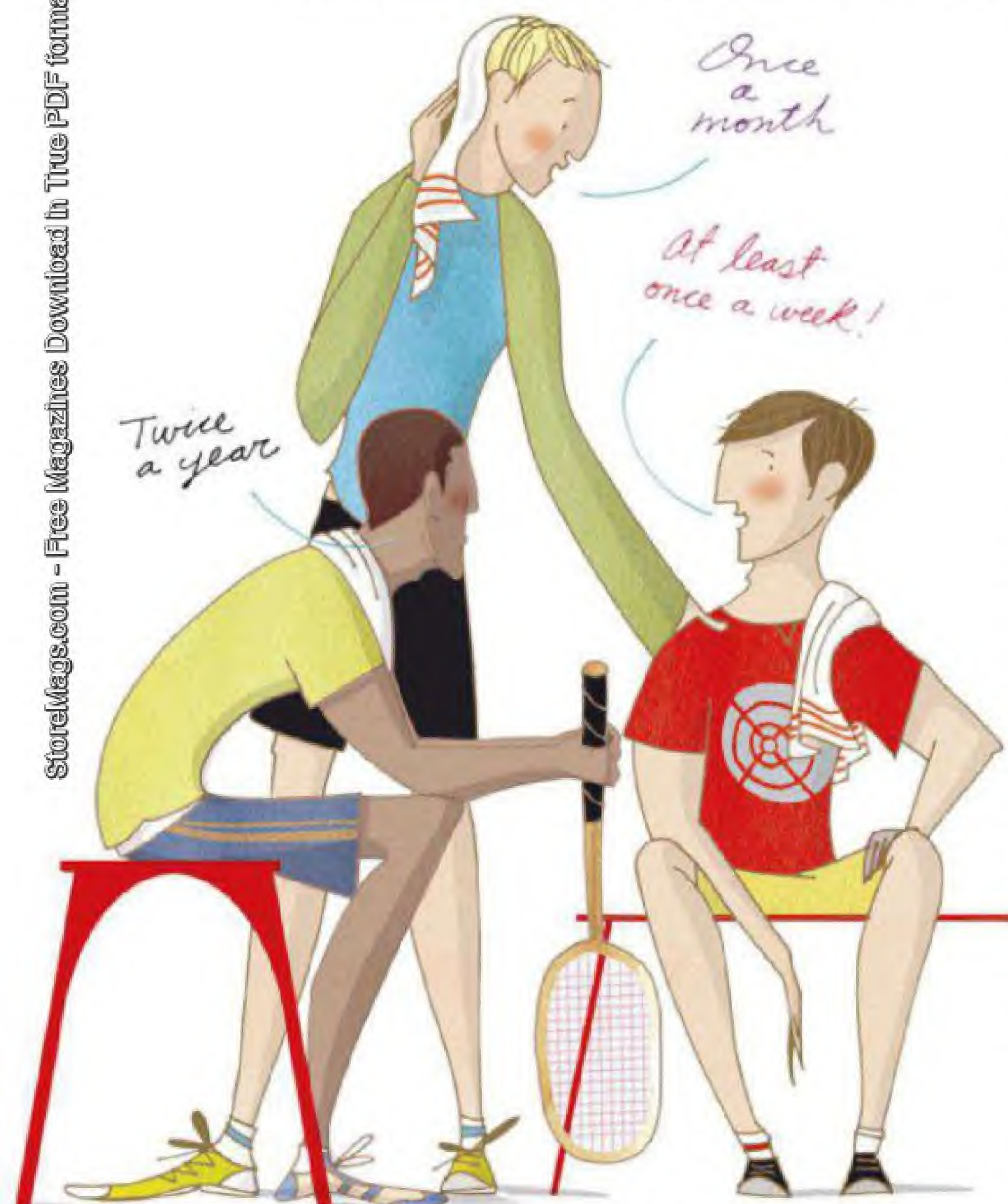
**Joe:** So it's not all bad.

**Me:** I'd still rather get a new couch.

**Joe:** Just get a secret vasectomy. She won't figure it out for months.

**Me:** Thanks for the coffee, Joe.

I think he was joking, but it's hard to tell sometimes. My point is, any conversation about procreation is desexualized, and totally fair game. A guy at the park once





told me that his wife was about to be at her "most fertile." I barely knew this dude, but now I knew he was having trouble conceiving a second kid. I've also given pep talks to new dads, telling them that sex does come back eventually, you just have to give it time—especially after a C-section. But these chats don't feel intimate, because the sexual stuff is lumped in with so many other issues. As in, "I could handle the mood swings, the fighting, the sleeplessness, all of it, if we were just having sex. But I don't see that ever happening again."

Birth control also comes up, but those talks are never pretty, or accurate. On a recent night out, my friend, a graduate student in microbiology, confused IUDs with diaphragms.

I overheard two other pals, a cop and a lawyer, argue over what the Pill does to the female body. (The term *ovarian cyst* was bandied about, but they clearly had no idea what it meant.) I've even had a friend try to convince me that Saran Wrap and a rubber band would make do as a condom in a pinch—*pinch* being the operative word. And I've listened while three otherwise intelligent men wondered, in earnest, if toothpaste is an effective way to kill sperm after the fact. Here's how the exchange ended:

"Why would anyone think toothpaste

would work that way?"

"If it can kill cavities, it can probably kill sperm."

"Maybe because it's tingly."

**Fantasy sex partners.** Guys do talk about other women. Not me, but most guys. Sure, I'll give an appreciative "Whoa" when a yoga class lets out on Main Street, but anything more graphic seems pointless. Some guys go on about "the things they'd do with..." But they're never going to, so why talk about it?

I also hate the near-miss stories men tell, which always involve an incredibly hot single woman and end with "I was so close..." Stop! You don't have to prove to me that you're still a virile stud even though you're a married, middle-aged father of three. The absolute worst is when you realize halfway through

A guy at the park once told me that his **wife** was about to be at her "most **fertile**."

one of these stories that the woman wasn't coming on to him at all; she was just paying attention to him and being nice, and because he's been married so long, he can't tell the difference anymore.

So maybe, if we're just going to b.s., joke around, and misinform, we should clam up about sex altogether. Maybe we'll never evolve enough to share our insecurities, frustrations, desires, and issues like women do. Of course, I get to spill my guts to you ladies every month, and it feels pretty good. But then again, you're not a bunch of dudes. **R**

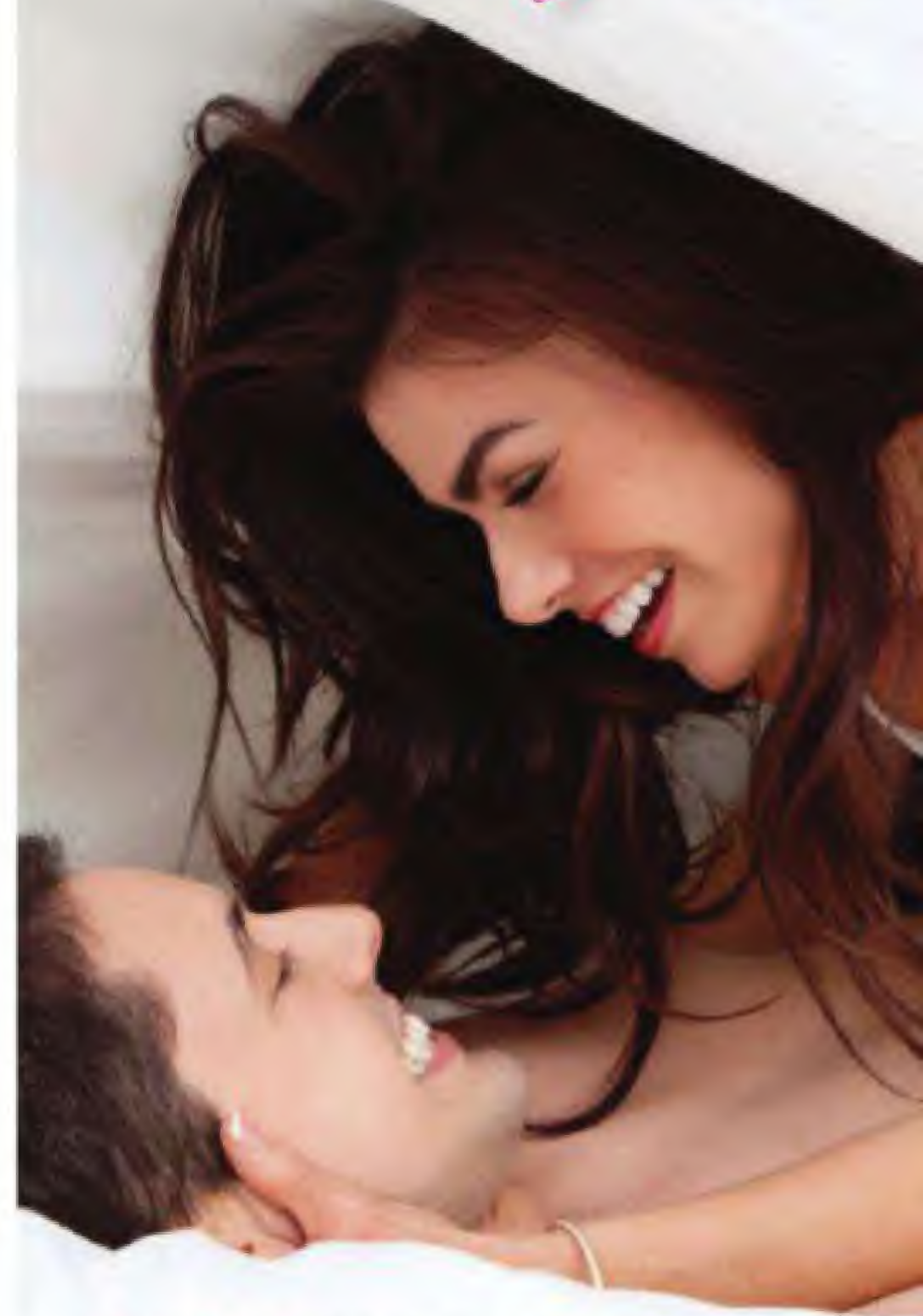
## Straight answer from the Whys Guy

*Dear Whys Guy: What is it about men and Vegas? —Nicole, CA*

Dear Nicole: Guys love the idea of Vegas. We go to Sin City with visions of James Bond-style gambling, strippers, and free buffets dancing in our heads. Then we discover that Cirque du Soleil has replaced Sinatra, the blackjack tables are dominated by octogenarians, strippers only have time for dudes throwing \$50 bills, and there's nothing sadder than a casino buffet between 10 a.m. and 4 p.m. And to top it all off, we gamble away two months' rent. But no guy wants to admit how un-fun Vegas was, so when we get home, we shout something stupid like, "What happens in Vegas stays in Vegas, baby!" and deflect further questions by high-fiving our equally embarrassed friends.

**Need help decoding male behavior?** Email your questions to [redbook@hearst.com](mailto:redbook@hearst.com) (subject: Whys Guy). Letters may be edited for clarity and length.

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# Peter Facinelli, interviewed by his daughter Luca Bella, 14

*Twilight's* undead dad reveals what *really* chills his blood: the idea of his daughters on a date.

Luca Bella: Remember when you got the part [in *Twilight*] and no one knew how big it was going to be? All my friends are going to miss it [when the series ends].

**Peter:** Are you saying that none of your friends are going to like me anymore?

Luca Bella: *No!* But it was weird that all those girls would be screaming, because you're just my dad. What were you like in high school?

**Peter:** I was so shy. Instead of waiting in line with the other kids at lunch, I'd go to a corner and buy a pretzel and orange juice. I think I had that for lunch the first three years of high school!

Luca Bella: So how did you become an actor?

**Peter:** When I was in third grade, I wrote a paper on Paul Newman and fell in love with *Butch Cassidy and the Sundance Kid*. But when I told my parents I wanted to be an actor, they laughed—it was like telling them I wanted to go to the moon. So I tried to convince myself I wanted to be a lawyer, but I transferred to NYU to study drama.

Luca Bella: And you told your mom it could help you be more convincing in court! What's your favorite thing about being a dad to me, Lola [8], and Fiona [5]?

**Peter:** No matter how bad the day's been, I've got three smiley girls waiting for me with open arms.

Luca Bella: Will you be nervous when I go on my first date?

**Peter:** I'll probably be there chaperoning. So I guess the question is, How nervous will you be that your dad is there? —ADAPTED BY LORI BERGER



Peter plays the hunky vampire Dr. Cullen in *The Twilight Saga: Breaking Dawn, Part I*, out November 18.

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## Why can't we celebrate everything?

When her son was left out of a friend's Hanukkah party, **Diane Farr** decided to spread some multi-culti cheer.



**M**y son, Beckett, wasn't invited to his best friend's Hanukkah party last year. He was only 3 years old at the time, so it was hard to explain that the reason we weren't asked over for dreidel games was because we aren't Jewish. I broke the news to him at the zoo, hoping some popcorn and a good view of a baby giraffe would help him get over it. It did. I, however, was still fuming.

When I started dating my now-husband, Seung Yong, his Korean parents vehemently opposed our interracial relationship. They seemed against his marriage to this Irish-Italian girl, right until the moment I was wearing their family heirloom on my left hand—at which point they accepted me completely. Eventually I saw that what my in-laws had feared was that I wouldn't preserve their family's traditions. I could appreciate that concern, and I still do. I hired a coach and learned enough Korean to communicate directly with Seung's parents. And on our first family trip to Korea, I asked his dad to purchase the traditional gowns we later used for the babies' 100-day and *dol* (first birthday) ceremonies. We've become a household that celebrates *everything*, from the Chinese New Year to the Mexican Day of the Dead, and it all culminates with our late-December Christmas Cringle party.

We started the tradition when Seung and I became a couple. We asked each of his friends and nearby relatives to bring a gift for one of my friends or family members and vice versa. Nearly 10 years later, it's hard to say whose people are whose anymore. At the buffet table, his cultural delicacies are set out right alongside mine: the galbi

next to the gnocchi, the kimchi beside the broccoli rabe.

Our mingling of traditions has become my children's experience of what it means to be American, which is why the Hanukkah-party slight felt like such a shock. So I did what any indignant mother would do: I threw my own Hanukkah shindig. I enlisted the help of my best friend, Laurie, who happens, conveniently, to be a member of the tribe. She laughed at my first-time-mom rage, but, perhaps realizing how close I was to gate-crashing a toddler's house party, she got behind the idea of an impromptu fete for all of our kids. My son was thrilled to "light" a candle (or rather, twist the tiny light-bulb on the electric menorah). While everyone happily scarfed down their latkes, we discussed the Festival of Lights and the meaning behind it.

A few days later, I began planning the Christmas Cringle, and Beckett asked if we could include his classmates. As he and I rattled off the names of his buddies, I paused ever so slightly after he said the name of his friend whose family had excluded us.

"Can't everyone come, Mom?" asked my kind, still nearly perfect young man. In that moment, I realized it's only us grown-ups who feel the need to assign boundaries, and I didn't want my biracial kid to think that was *ever* okay. So the entire class was invited to the Cringle, at which Laurie gifted me her 20-year-old menorah to use next year at our newest family tradition: an everyone-is-welcome Hanukkah party. 🕯

*Diane Farr is an actress and author. Her latest book is Kissing Outside the Lines.*

ILLUSTRATION BY LISA ADAMS.





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# MAKE IT WORK

TIME, JOB & MONEY TIPS YOU NEED NOW

● **Shop late.** Once you've done all you can online, brave the stores at night. (Most shops and malls have extended hours this time of year.) "The crowds are smaller, so you'll get more help and check out faster," says Michele Rothstein, senior vice president of marketing for Premium Outlets. The best part: Many stores restock inventory and do markdowns in the late afternoon. Score!

● **Hit the mall running.** Start on the top floor and work your way down. Want to be really speedy? Go to m.bing.com on your smart-phone and search for your shopping center; it has maps of more than 400 malls. Use it to streamline your route.

● **Divide and conquer.** Make a shopping date with your guy and store a gift list on both of your phones. (For \$1.99, the Holiday Gift List app will keep tabs on what you bought and update your budget.) Then split it up so you each tackle the stores you most enjoy. "Make it a contest," says Rothstein. "Whoever finishes last buys dinner." —PERRI O. BLUMBERG

IT'S 8 P.M.

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## "MY MONEY M.O."

Courtney Solstad, 31, was a chronic impulse shopper before she had kids. Now a mom of three (ages 6, 4, and 3), she tells us how she spoils her family sanely.



Courtney and Steve with their children, Emma, Chloe, and Maci

### FINANCIAL 411

- **After-tax household income:** \$55,000
- **Debt:** \$0
- **Mortgage payment:** \$850/month

My biggest regret is that my husband, Steve, and

I didn't save money before starting our family. We had two nice incomes—and spent every penny of it! As our family grew, we wanted to buy a home, and that meant radically revamping our habits. We started cooking more, cutting our own hair, and paying for everything in cash. It took us three years, but we were able to put down \$25,000 on our house in McKinney, TX, which made our mortgage payments crazy low. We're saving more than ever, and we can still afford to do fun things with our little ones.



Keep on walking....  
You'll save more if  
you shop at night.

- **My go-to app for holiday travel:** GasBuddy. It's a 12-hour drive to visit my in-laws in St. Louis, and this program helps us find the cheapest stations along the way.
- **Bookmarked site for gifts:** Totsy.com's flash sales have great deals on name-brand toys for children. Since I allot \$75 per child, I can go big on presents for less.
- **Savings trick my friends think is insane:** I grocery-shop late at night without my kids, when the store is quiet. It gives me time to look through my coupons without any distractions or chaos. I often close down the place!

—AS TOLD TO KENRYA RANKIN NAASEL

### FIVE-MINUTE MONEY MANAGER

## The #1 GIFT your kids deserve



REDBOOK's money expert, Beth Kobliner, is the author of *Get a Financial Life* and is on the President's Advisory Council on Financial Capability.

It's life insurance, and roughly 11 million American households with children don't have any. Beth explains how to get covered:

- **Opt for a term policy.** There are two kinds of life insurance: term or cash-value. Term policies cover you for a set amount of time—for example, a 10- or 20-year policy will protect your family until your kids have incomes of their own. Cash-value plans have no time limit but are much pricier: A healthy 35-year-old woman would pay \$1,503 per year for a \$225,000 cash-value policy versus \$244 a year for a 20-year term one, according to *New York Life*. Why would someone choose cash-value? These plans come with investment options—but I recommend stashing cash in your 401(k) or IRA instead. Compare rates at [term4sale.com](http://term4sale.com).

- **Working or not, both spouses need it.** Factor in unpaid work like child care when estimating how much your family would need to get by, if they had to pay someone to do everything a stay-at-home parent does.
- **Talk to a pro.** These contracts are really complicated. I suggest that you sit down with an independent insurance agent (find one at [trustedchoice.com](http://trustedchoice.com)) to go over the fine points, especially if you have a serious illness or are remarried.



## THE BEST TIME TO SEND AN EMAIL

...is Tuesday at 10:30 a.m. "On Monday, most people are replying to notes that piled up over the weekend," says Philip Galanes, author of the new book *Social Q's*. "By Wednesday, Weekend Brain has set in." So send important messages on Tuesday, before lunchtime hunger pangs take over.

**Clean up!** Nearly 28 percent of employers say they are less likely to promote someone who has a messy workspace, according to CareerBuilder.



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**Allstate**

LIFE INSURANCE

Rate is a monthly rate shown as of July 1, 2011, for the Allstate Basic Term policy (LU10987 series in most states), a 15-year term life insurance policy issued by Allstate Life Insurance Company. Rate shown is for the best underwriting class for a female; rates for other underwriting classifications would be higher. Rates quoted above are subject to change and are set at the company's sole discretion. Further underwriting restrictions may apply. Other face amounts are available but will have different rates than those shown here. Premium may be paid annually, semiannually, quarterly or monthly; premium paid may differ based on payment mode selected. Policy issuance is subject to availability and qualifications. This policy has exclusions, limitations and terms that may affect coverage, renewal, cancellation, termination or other contractual rights and benefits. Life insurance offered by Allstate Life Insurance Company, Northbrook, IL and Lincoln Benefit Life Company, Lincoln, NE. In New York, Allstate Life Insurance Company of New York, Hauppauge, NY. © 2011 Allstate Insurance Company



# Is there anything good about

Take it from these three women, whose lives changed for



I got into giving stuff away, and it felt *great*.

**Susan Dominus, 41,  
Hastings-on-Hudson, NY**

Anytime I've ever tried to sell something on Craigslist, I have felt like a chump: No matter how low I've priced the item, the buyer always springs a last-minute haggle on me upon arrival. One of us ends up feeling like a winner, the other (that would be me) a loser.

The antidote to Craigslist is Freecycle, a Yahoo message board where people post things they want to give away for free. Interested parties respond, and the original poster

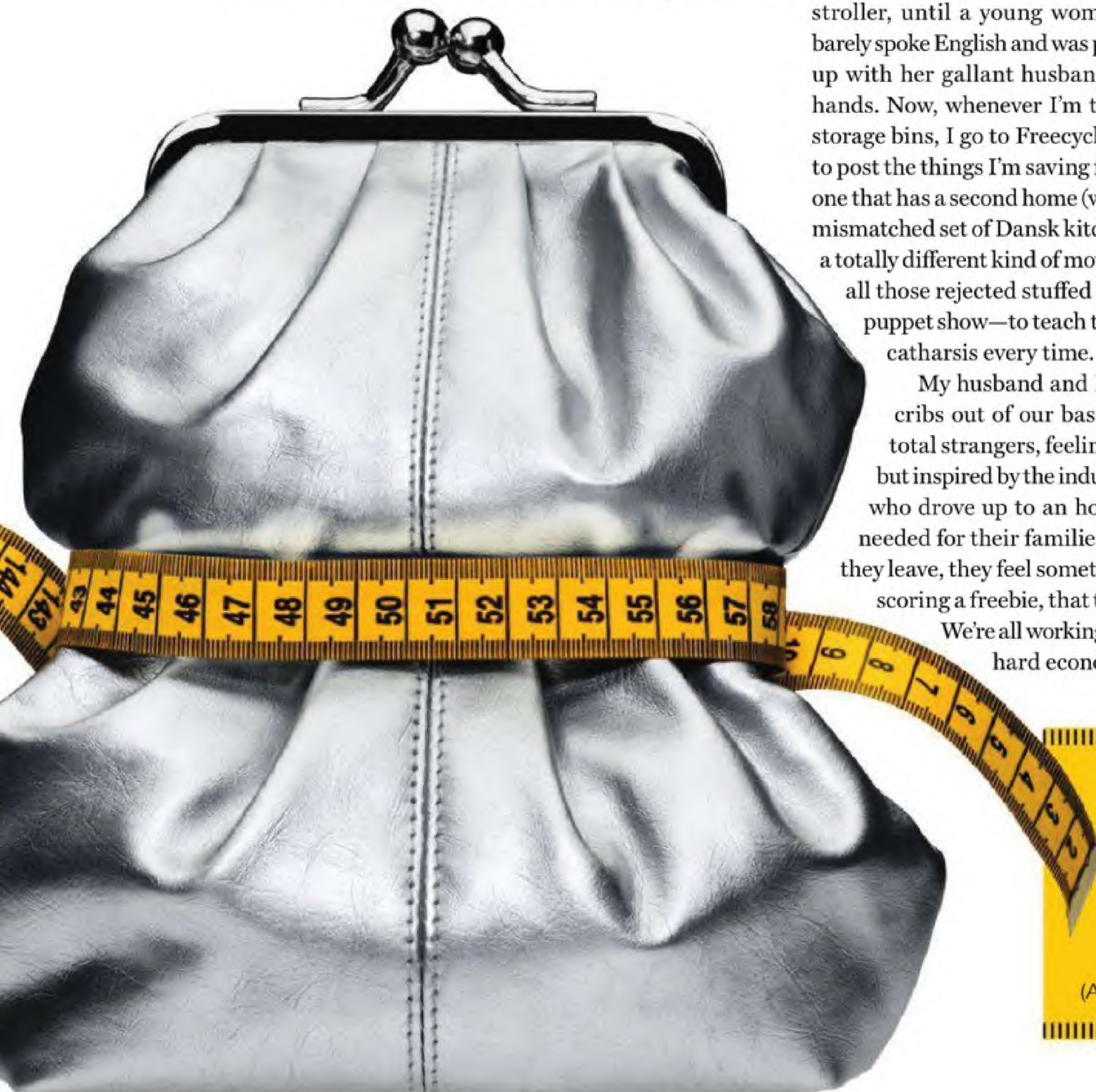
picks a recipient. I started using the site not long after the recession hit, when I was looking for children's clothing for my twin 2-year-old boys. After spotting a listing for a navy pea coat, size 3T, I packed up the kids and drove to an address in a run-down neighborhood several towns away. There, on the porch, I found a perfect-condition coat with a blue satin lining nestled in a bag with a bow. The small but thoughtful gesture truly moved me.

Giving items away on Freecycle has been its own gift, and has sometimes eased the transitions of my children's growth. I was saddened by the realization that my sons would never again sit in a double stroller, until a young woman, who barely spoke English and was pregnant with twins, turned up with her gallant husband, elated to take it off my hands. Now, whenever I'm tempted to go out and buy storage bins, I go to Freecycle instead and force myself to post the things I'm saving for some mythical future—one that has a second home (where I really could use that mismatched set of Dansk kitchenware), or in which I am a totally different kind of mother (the kind who will take all those rejected stuffed animals and use them in a puppet show—to teach the kids French!). It's a mini catharsis every time.

My husband and I have lugged couches and cribs out of our basement and into vans with total strangers, feeling not just liberated of stuff but inspired by the industry of hardworking people who drove up to an hour to find something they needed for their families. I like to think that when they leave, they feel something more than the high of scoring a freebie, that they also sense what we do:

We're all working through parenthood—and hard economic times—together.

**WE GIVE MORE:** In a down economy, charitable donations are up roughly 4%.



HOW TO  
**HELP**  
OTHERS  
GET BY ➔

(AND FEEL GREAT DOING IT)



# this economy? Actually, yes!

the better because of bad times.



Not spending  
made us happier.

**Catherine Newman, 43,**  
**Amherst, MA**

"Nice work, Ma!" my husband says, laughing, as he passes through the kitchen. I

do, indeed, look something like Ma from *Little House on the Prairie*, standing over a steaming pot, an apron tied behind me, my hands dyed purple from the wild grapes I'm stirring into jam. My daughter, Birdy, 8, darts in to taste the still-warm results from my wooden spoon. "This is the best batch yet!" she says, without a trace of irony.

Given the nearby Trader Joe's, our life does not exactly depend on the successful canning of summer's bounty. But we are broker than we've been in years: I lost a regular writing gig last year, which was one of our main sources of income. My husband, a massage therapist, does okay, but plenty of clients have cut massages from their "necessary expenses." So this summer, we stayed at campsites instead of hotels, trading chlorinated pools for a cool pond in the woods. And when we eat out, which is rare, it's at the local sports bar. But here's the thing: We love roasting marshmallows and sleeping under the stars. We crave the buffalo wings at our rowdy pub. "I'd definitely rather eat onion rings here than that weird goat-cheese thing at the other place," my 12-year-old son, Ben, says. Extreme thrift—soon to be an Olympic sport!—has proven almost unaccountably rewarding.

I know it sounds like some grimly peppy Depression-era slogan, but we *are* happier with less. And what we do have, we appreciate so deeply now: a roof over our heads, our health, and the odd cashmere cardigan from the Salvation Army. Surprisingly, perhaps, we gave away *more* money last year than ever before. In Haiti, they need health care and clean water more than we need, say, new towels from Target. We're lucky: For us, it's not life on the prairie or an actual crisis. So we stretch to donate as much money as we

can to the nonprofit Partners in Health, and we've realized there's really nothing like giving it away to make you understand how much you actually have.



If I hadn't lost my job,  
I wouldn't be married—  
or a mom! **Stephanie**

**Robertson, 41, Redmond, WA**

The retail industry treated me well for 22 years. The pay was great and the perks

**even better: box seats at Bulls games, private jets to Puerto Rico.** It was enough to convince me to put off prioritizing anything but work until I reached the "top." Even as I celebrated friends' bridal and baby showers, I never felt envious—I was *that* into my job. So when I was laid off in 2009, I lost myself.

The last time I'd job-hunted, I'd received multiple offers. This time, crickets. In the silence, I began to rethink my next move. A few years before, I'd dreamt about starting a bachelorette-party supply company, offering something more sassy than smarmy. So I used my severance money to launch TheHouseofBachelorette.com. As challenging as it was, being my own boss allowed for more breathing room in my personal life.

For two years my fiancé, Jason, and I had waited to get married, telling ourselves that one day we'd have enough vacation days saved for a destination wedding. But jetting off to Greece seemed plain irresponsible, so we opted for a small beach ceremony at home in 2010. Not long after, we started trying to have a baby, and by the end of the year, I gave birth to our son, Beck.

Our insta-family—the one I hadn't even allowed myself to dream about when I was working—was a magical surprise.

In a strange way, the downturn brought with it a reality check I desperately needed. My biz is on track to reach \$500,000 in sales this year, and I can still skip out at lunchtime to read to Beck or splash with him at our weekly swim classes. Of course I want this recession to end, but I owe it big time, too. —AS TOLD TO ALISON STORM

**WE VOLUNTEER  
MORE:** In 2010,  
a record number of  
Americans ages  
29 to 45 volunteered  
their time to help  
others.

These sites make it simple to connect with people in need:

**MODESTNEEDS.ORG** lets you browse applications posted by people all over the country (the site screens everyone) who are looking for relief to get through a financial rough patch, like repairs to the family car or help with a big electric bill.

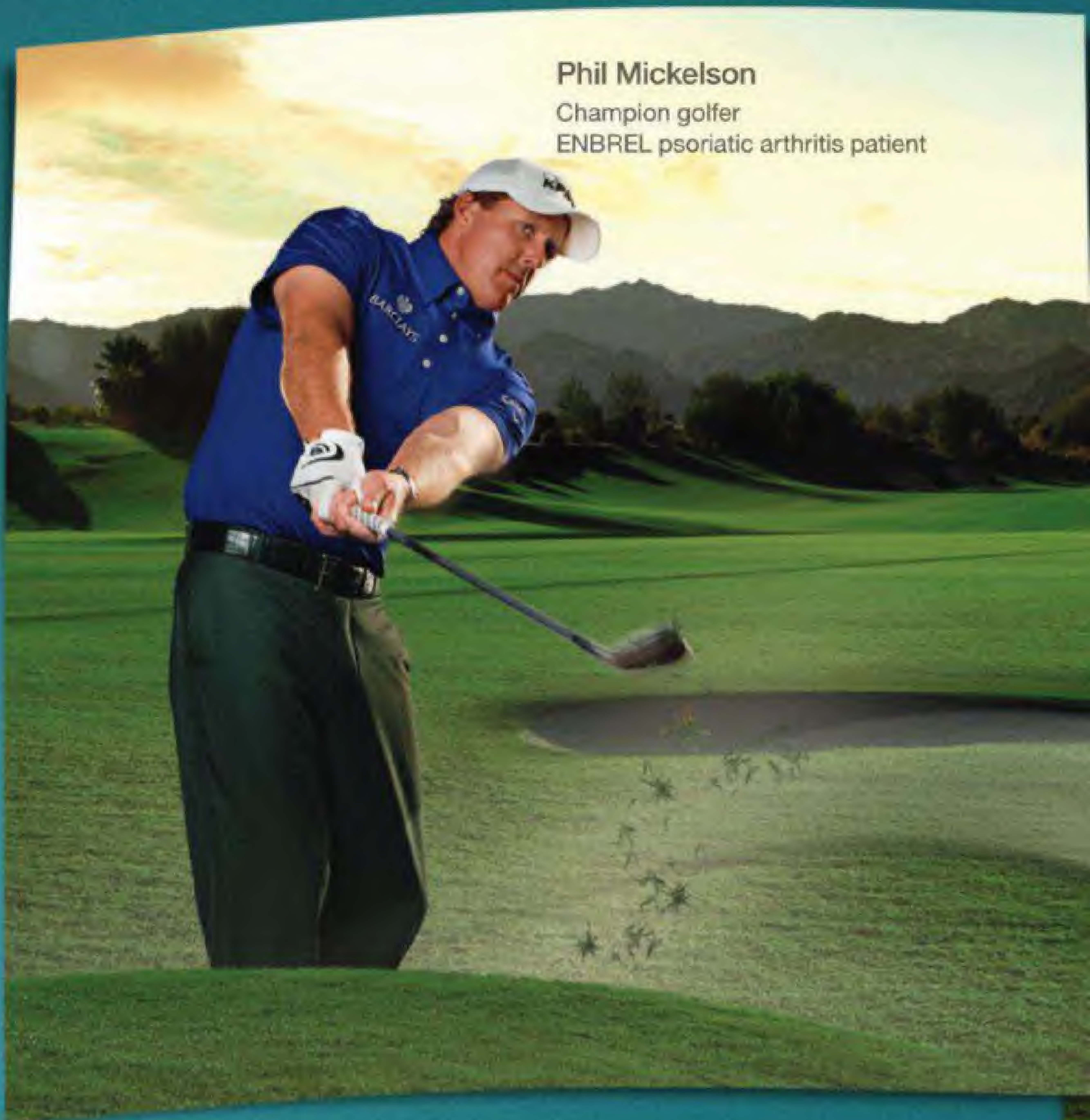
**SMALLCANBEBIG.ORG** allows you to give to families in the northeastern U.S. that have been turned down by social-service agencies because they make slightly too much to qualify for financial assistance but are dangerously close to falling into poverty.

**GIVINGANON.ORG** will send an anonymous check on your behalf to someone you know, like a neighbor or friend who hasn't been able to find employment for months but may be too embarrassed to ask for help or accept your charity.



If you have psoriatic arthritis or moderate to severe rheumatoid arthritis

# “Don’t let joint pain keep you from



**Phil Mickelson**

Champion golfer  
ENBREL psoriatic arthritis patient

**ENBREL is the #1 prescribed biologic** by rheumatologists. ENBREL is also approved for adults with moderate to severe rheumatoid arthritis (RA). At six months, ENBREL was shown to be effective in about 50% of psoriatic arthritis patients who used it.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with psoriatic arthritis. ENBREL can be used in combination with methotrexate in patients who do not respond adequately to methotrexate alone.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

#### **IMPORTANT SAFETY INFORMATION**

##### **What is the most important information I should know about ENBREL?**

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system

to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using tumor necrosis factor (TNF) blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA or psoriasis may be more likely to get lymphoma.

##### **Before starting ENBREL, tell your doctor if you:**

- Have any existing medical conditions

- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should not start taking ENBREL if you have any kind of infection, unless your doctor says it is okay
- Have any open cuts or sores
- Have diabetes, HIV, or a weak immune system
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live, have lived in, or traveled to certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis.



the things that matter most.” *Phil Gubler*



**“In the summer of 2010,**  
I experienced intense joint pain and had trouble walking. My rheumatologist diagnosed me with psoriatic arthritis and prescribed ENBREL, a medicine that can relieve pain and stiffness, improve physical function, and help stop joint damage from worsening. Now I’m back to doing the things I love.”

Your results may vary.

**Ask your rheumatologist if ENBREL may be right for you,**  
if you have joint pain, stiffness, or swelling, and think you may have psoriatic arthritis or RA.  
Call 1-888-4ENBREL or visit [www.enbrel.com](http://www.enbrel.com). Prescription ENBREL is taken by injection.



These infections may develop or become more severe if you take ENBREL. If you don’t know if these infections are common in the areas you’ve been to, ask your doctor

- Have or have had hepatitis B
- Have or have had heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Are taking anti-diabetic medicines
- Have, have had, or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome
- Are scheduled to have surgery

- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.

- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant, or breastfeeding
- Have been around someone with chicken pox

**What are the possible side effects of ENBREL?**

ENBREL can cause serious side effects including: New **infections** or worsening of infections you already have; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**;

**autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

**Common side effects include:** Injection site reactions, upper respiratory infections (sinus infections), and headache. These are not all the side effects with ENBREL. Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

**Please see accompanying Medication Guide on the next page.**

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## Medication Guide Enbrel® (en-brel) (etanercept)

Read the Medication Guide that comes with Enbrel before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using Enbrel.

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

### What is the most important information I should know about Enbrel?

Enbrel may cause serious side effects, including:

#### 1. Risk of infection

Enbrel can lower the ability of your immune system to fight infections. Some people have serious infections while taking Enbrel. These infections include tuberculosis (TB), and infections caused by viruses, fungi, or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting Enbrel.
- Your doctor should monitor you closely for symptoms of TB during treatment with Enbrel even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with Enbrel.

You should not start taking Enbrel if you have any kind of infection unless your doctor says it is okay.

#### 2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including Enbrel, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

### Before starting Enbrel, be sure to talk to your doctor:

Enbrel may not be right for you. Before starting Enbrel, tell your doctor about all of your medical conditions, including:

#### Infections – tell your doctor if you:

- have an infection. (See “What is the most important information I should know about Enbrel?”)
- are being treated for an infection.
- think you have an infection.
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than normal, and feel very tired.
- have any open cuts on your body.
- get a lot of infections or have infections that keep coming back.
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB.
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use Enbrel. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B.

### Also, BEFORE starting Enbrel, tell your doctor:

- **About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:**
  - ✓ **Orencia® (abatacept) or Kineret® (anakinra).** You have a higher chance for serious infections when taking Enbrel with Orencia® or Kineret®.
  - ✓ **Cyclophosphamide (Cytosan®).** You may have a higher chance for getting certain cancers when taking Enbrel with cyclophosphamide.
  - ✓ **Anti-diabetic Medicines.** If you have diabetes and are taking medication to control your diabetes, your doctor may decide you need less anti-diabetic medicine while taking Enbrel.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

**Other important medical information you should tell your doctor BEFORE starting Enbrel, includes if you:**

- have or had a nervous system problem such as multiple sclerosis or Guillain-Barré syndrome.
- have or had heart failure.
- are scheduled to have surgery.
- have recently received or are scheduled to receive a vaccine.
  - ✓ all vaccines should be brought up-to-date before starting Enbrel.
  - ✓ people taking Enbrel should not receive live vaccines.
  - ✓ ask your doctor if you are not sure if you received a live vaccine.
- are allergic to rubber or latex.
  - ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber.
- have been around someone with varicella zoster (chicken pox).
- are pregnant or plan to become pregnant. It is not known if Enbrel will harm your unborn baby.
  - ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take Enbrel. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.
- are breastfeeding or plan to breastfeed. It is not known if Enbrel passes into your breast milk. You and your doctor should decide if you will take Enbrel or breast feed. You should not do both.

See the section “What are the possible side effects of Enbrel?” below for more information.

### What is Enbrel?

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

Enbrel is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** Enbrel can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** Enbrel can be used alone or with methotrexate.
- **ankylosing spondylitis (AS).**
- **chronic moderate to severe plaque psoriasis in adults ages 18 years and older.**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking Enbrel, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

Enbrel can help reduce joint damage and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. Enbrel can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See “What is the most important information I should know about Enbrel?” and “What are the possible side effects of Enbrel?”

### Who should not use Enbrel?

#### Do not use Enbrel if you:

- have an infection that has spread through your body (sepsis).

### How should I use Enbrel?

- Enbrel is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of Enbrel at home, you or your caregiver should receive training on the right way to prepare and inject Enbrel. Do not try to inject Enbrel until you have been shown the right way by your doctor or nurse.
- Enbrel is available in the forms listed below. Your doctor will prescribe the type that is best for you.
  - Single-use Prefilled Syringe
  - Single-use Prefilled SureClick Autoinjector
  - Multiple-use Vial
- See the detailed “Patient Instructions for Use” with this Medication Guide for instructions about the right way to store, prepare, and give your Enbrel injections at home.
- Your doctor will tell you how often you should use Enbrel. Do not miss any doses of Enbrel. If you forget to use Enbrel, inject your dose as soon as you remember. Then, take your next dose at your regular scheduled time. In case you are not sure when to inject Enbrel, call your doctor or pharmacist. **Do not use Enbrel more often than as directed by your doctor.**
- Your child's dose of Enbrel depends on his or her weight. Your child's doctor will tell you which form of Enbrel to use and how much to give your child.

### What are the possible side effects of Enbrel?

Enbrel can cause serious side effects, including:

#### See “What is the most important information I should know about Enbrel?”

- **Infections.** Enbrel can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See “Before starting Enbrel, be sure to talk to your doctor” for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver),

the virus can become active while you use Enbrel. Your doctor may do a blood test before you start treatment with Enbrel and while you use Enbrel.

- **Nervous system problems.** Rarely, people who use TNF-blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF-blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like Enbrel. If you have heart failure your condition should be watched closely while you take Enbrel. Call your doctor right away if you get new or worsening symptoms of heart failure while taking Enbrel, such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using Enbrel developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that may be filled with pus. Your doctor may decide to stop your treatment with Enbrel.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF-blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
  - ✓ **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using Enbrel.
  - ✓ **Autoimmune hepatitis.** Liver problems can happen in people who use TNF-blocker medicines, including Enbrel. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

### Common side effects of Enbrel include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness, or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections).
- **Headache.**

These are not all the side effects with Enbrel. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

### How should I store Enbrel?

- Store Enbrel in the refrigerator at 36° to 46°F (2° to 8°C).
- **Do not freeze.**
- **Do not shake.**
- Keep Enbrel in the original carton to protect from light.
- Keep Enbrel and all medicines out of the reach of children.

### General Information about Enbrel

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use Enbrel for a condition for which it was not prescribed. Do not give Enbrel to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about Enbrel. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Enbrel that was written for healthcare professionals. For more information call, 1-888-4ENBREL (1-888-436-2735).

### What are the ingredients in Enbrel?

#### Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:

**Active Ingredient:** etanercept

**Inactive Ingredients:** sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

#### Multiple-use Vial:

**Active Ingredient:** etanercept

**Inactive Ingredients:** mannitol, sucrose, tromethamine  
v5

Issue Date: 10/2010

This Medication Guide has been approved by the US Food and Drug Administration.

**AMGEN**

Manufactured by Immunex Corporation  
Thousand Oaks, CA 91320



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# redbook notebook

what's new, noteworthy & now

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## Let's make sure every child gets a gift

So many families just can't afford **presents** this season. Do one thing on this list and know that somewhere out there, a kid is grinning. By Alison Storm



Genevieve Piturro, founder of the Pajama Program, cozies up to donations.



This cutie shows off her PJs from a giveaway.

**1 Host** a holiday pajama party. Among staffers at homeless shelters, winter is known as “danger season”—when temperatures dip and children living in shelters need help staying warm both day and night. “I’ll never forget the first time I donated pajamas to kids,” says Genevieve Piturro, who’d volunteered at a New York City shelter for years while working as a television executive. “One little girl stared at me and said, ‘What are these?’ She’d always slept in her day clothes.” It’s common for children to arrive at shelters wearing nothing but the clothes on their backs. “This is our way of making sure kids go to bed with a smile,” says Genevieve, 50. To date, her organization, the Pajama Program—which just celebrated its 10th anniversary—has given away more than 1 million pajamas. You can help by throwing a PJ party: Ask each guest to bring a new pair, which you can give to one of the 79 chapters nationwide (visit [pajamaprogram.org/pjdrive](http://pajamaprogram.org/pjdrive)). Or take

a cue from 8-year-old Eleanor Hemenway in Austin, TX, who donated 30 pairs of jammies bought from money she raised selling hot chocolate in her neighborhood. Sweet!

**2 Regift** plastic toys that are still in great shape to Second Chance Toys’ holiday drive ([secondchance-toys.org](http://secondchance-toys.org)). The nonprofit cleans and redistributes them to underprivileged children in Pennsylvania, Illinois, New York, and New Jersey. Ask your kids to help pick the toys and teach them a lesson in giving.

**3 Pack** a virtual gift for children in developing countries at [samaritanspurse.org](http://samaritanspurse.org). Starting November 22, you can go online, choose a girl or boy, and pick from a list of goodies that Samaritan’s Purse will ship. Last year, 8 million children received holiday gift boxes, including 12-year-old Leuk in Cambodia, who said the coloring book and crayons were the first gift he’d ever gotten.

**4 Drop off** new, unwrapped presents to Toys for Tots. Donations from corporations were down significantly last year (boo, recession). Find a collection spot near you at [toysfortots.org/donate/toys.asp](http://toysfortots.org/donate/toys.asp).

**5 Give** a Hearts for Hearts Girls international doll (\$30) to a child. Each doll represents a girl from one of six developing countries, and \$2 from your purchase will go to the nonprofit World Vision to educate girls in your doll’s country. “It’s about teaching kids to play with purpose,” says creator Gina Beebe, a former marketer for Hasbro. Buy yours at [hearts4heartsgirls.com](http://hearts4heartsgirls.com).

**6 Shop** at Ikea from November 1 to December 24, when \$1.35 (the equivalent of one euro) from any soft-toy or children’s-book purchase goes to kid-centric programs run by UNICEF and Save the Children.

**7 Donate** what you can to Soldiers’ Secret Santa, which anonymously mails Toys“R”Us gift cards to families of deployed soldiers. “I’ve seen how difficult it can be to make ends meet when a parent is away on duty,” says Brad Boggess, 38, a former Army officer who started the organization in 2007. Since then, the nonprofit has helped hundreds of military families who can’t afford gifts for their kids. Spread the cheer at [soldierssecretsanta.org](http://soldierssecretsanta.org). **6**

COURTESY OF THE PAJAMA PROGRAM (2)





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**Get your jollies** with Scorsese's first film in 3D, Florence + the Machine's latest high jinks, and a very stealthy elf.

## KNOW ALL ABOUT IT

## MOM GAINS INSTANT CRED

Brit actress Emily Mortimer's 8-year-old son, Sam, isn't always impressed by his mom's roles—after all, in Martin Scorsese's *Shutter Island*, she played a woman who murdered her three kids. She makes up for it this month in Scorsese's *Hugo*, based on the children's book *The Invention of Hugo Cabret*. She told REDBOOK about her Take Your Son to Work Day: "Sam is a huge fan of the book, as are the kids at his school in Brooklyn. So it was a huge coup for me to get the part. They were all psyched to see a movie set so impressive and big. The film is shot entirely in 3D, and Marty would take Sam into the tent with 3D glasses to view the footage. It was a historic thing to be a part of, so I kept bringing him back so he could remember it."



Cool mom  
Emily Mortimer

## WATCH IT

## Forget Supernanny. CALL IN THE ELF!



REDBOOK hails the don't-let-it-stop phenomenon that is *The Elf on the Shelf*. First came the children's book, complete with an elf doll that "magically" appears around the house to monitor kids' behavior and report back to Santa. Now the TV special and DVD *An Elf's Story* will further scare 'em into being nice, not naughty. (We suggest watching it while creepily intoning, "He sees you when you're sleeping...") And since elf-powered blackmail works so well at the holidays, keep the little guy around after December 25. Says the book's coauthor Chanda Bell, "I've heard about elves that miraculously reappear throughout the year. Sometimes they need to do a spot-check!"

## DOWNLOAD IT

## SHE'S BAAACK...

In a world of bubble-gum-pop princesses, **Florence Welch**, the 25-year-old frontwoman of Florence + the Machine, is a wonderfully weird aberration. She keeps the drama coming on *Ceremonials*, the band's second album. We asked the flame-haired siren what sparks her feverish imagination.

**Q: What were your musical influences growing up?**

**A:** I was very into musicals like *The Rocky Horror Picture Show*, *Chicago*, and my Disney favorite, *The Little Mermaid*.

**Q: You have red hair like Ariel. Why the obsession?**

**A:** I was an awkward child, and whenever I went into the water, I could feel beautiful and otherworldly, submerged.

**Q: I can't imagine you as clumsy.**

**A:** I had a bit of puppy fat, and I hid behind my bangs. I was never comfortable in my own skin.

**Q: How did you learn to loosen up so easily on stage?**

**A:** I used to stand really still, but as the music and stages got bigger, I relaxed and started having fun. I find it easier to sing to two thousand people than to express myself face-to-face.

**Q: What posters hung on your childhood wall?**

**A:** Pre-Raphaelite paintings and pictures of Tallulah Bankhead.

**Q: And your influences now?**

**A:** I love Tim Burton and sent him an X-ray of my hand, asking him to direct a video. But I haven't heard back yet!



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"I'm in a band with two very different personalities," Hillary says. "Charles is type A, Dave is type B, and I'm somewhere in the middle."



# Meet the *lady* in **Lady A**

*Her bandmates call Hillary Scott the “emotional force” behind the crossover sensation Lady Antebellum. So how does she really feel about getting married, being curvy, and sharing sexy duets with a guy who’s like her brother? Find out here.*

*By Brittany Burke*

*Photographed by Matthew Rolston*

It’s been a doozy of a year for Hillary Scott. Lady Antebellum, her trio with Charles Kelley and Dave Haywood, took home five Grammys, performed dozens of sold-out concerts, and released a new album, *Own the Night*, that instantly owned the charts. And in July, her boyfriend of a year, drummer Chris Tyrrell, proposed to her. “He got down on one knee and pulled the ring out,” says Hillary, 25, her green eyes sparkling. “According to him, I didn’t just gasp, I yelped!” So what wowed her most: the trophies, the platinum discs, or that pretty diamond solitaire? None of the above. It was the notebooks.

“When Chris asked me to marry him, he handed me two journals that he’d been writing since September of 2010,” she explains, sitting in her dressing room at a photo studio in Nashville in her off-duty uniform of skinny jeans, a faded tee, and flats. “Almost every day, he wrote his thoughts, notes to me, prayers he had said for me, song ideas he had jotted down, or little inside jokes into composition books. They’re the most precious things on the planet to me. I’m going to cherish them forever.”

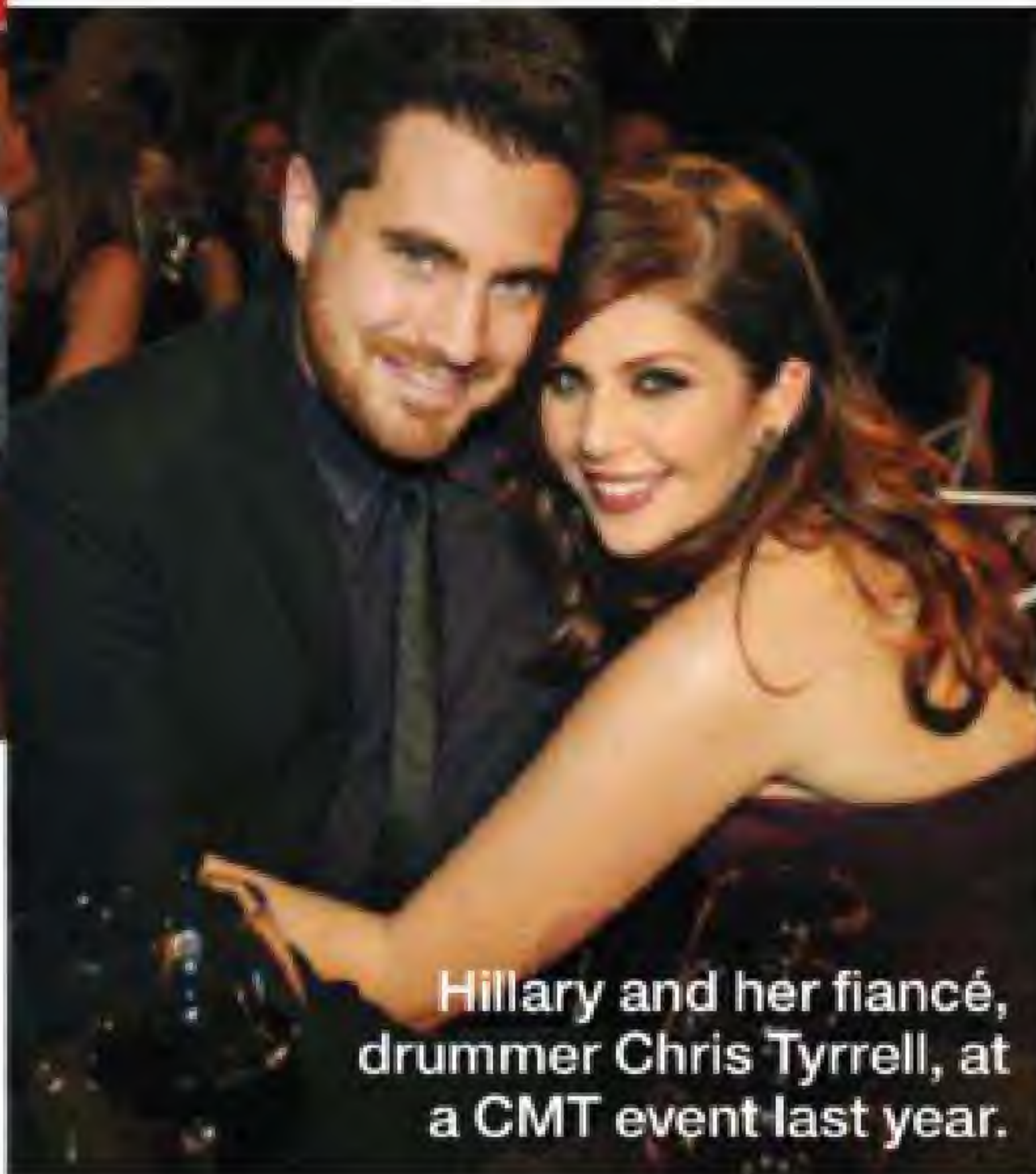
This is a girl who knows the value of put-it-all-out-there honesty. Her own confessions have fueled Lady A’s biggest singles, from the drunk-dialing megahit “Need You Now” (it’s the most downloaded country song *ever*) to the more recent “Just a Kiss,” about the initial butterflies she felt with Chris. Their relationship, she says, has “kind of put me over the edge of feeling blessed. You know?” She opens up to REDBOOK about everything that’s going right in her life, as well as a few things that make her crazy. (Charles and Dave, can you please remember to lock the bathroom door?) ➤



*"I've found a guy who embraces me for who I am and appreciates the things that I don't necessarily love about myself."*



Great chemistry: Hillary with Charles (left) and Dave on stage in Nashville.



Hillary and her fiancé, drummer Chris Tyrrell, at a CMT event last year.

Then my relationship ended abruptly, and Chris and I became best friends. We'd talk until 3 a.m. on our buses, a quarter mile from each other as we caravanned down the road to the next stop.

**RB: That's so sweet!**

**HS:** It was. He'll probably kill me for telling you. He'll be like, "You make me sound real cool, babe."

**RB: When you perform a song that you wrote for Chris, like "Just a Kiss," does it lose its meaning singing it night after night?**

**HS:** No! If anything, sharing it with people is fun. It's always fun to sing a duet with Charles, but I can also

drift off and have a really, *really* hot guy in my head, you know?

**RB: How has being with Chris improved your life?**

**HS:** Everything is brighter. Everything has a deeper meaning. I've found a guy who truly embraces me for who I am and appreciates the things that I don't necessarily love about myself. He makes me feel more comfortable in my own skin. Like at this photo shoot—the first setup was beautiful, I loved it, but I'm always in my head until I get comfortable in front of the camera. I got off the set and walked into my dressing room, and he came in and I felt like I could breathe again. And that's the thing he helps me with a lot. If I'm stressed, he'll be like, "Just breathe with me."

**RB: Sometimes that's all you need. What's been your favorite performance as a band?**

**HS:** We sang the national anthem at the Jets-Cowboys game this past September 11, and it was so emotional. Right before, we gathered to say a prayer. Our nerves were crazy—we wanted to do a great job, but we also knew we were singing the national anthem on September 11, on national television, for one of the biggest football audiences ever. We prayed, and the peace that came over us as we took the field was unbelievable.

**RB: Now for some girl talk: Tell us more about those journals Chris gave you. What's in them?**

**HS:** They were filled with everything we'd been through, from funny things I'd said to fights we'd had.

**RB: He included the hard stuff too?**

**HS:** Yes! You can't appreciate the good memories without the bad ones, and when we have rough days, where we're taking out our struggles on each other, we need those reminders.

**RB: Can you give us any hints about your wedding?**

**HS:** It won't be super-fancy.

**RB: Will Charles and Dave be involved in the ceremony?**

**HS:** I'm not asking them to sing or play an instrument. I'm not putting anybody I love to work on my wedding day. I even told our band and crew that I know it's a weekend off that we wouldn't normally have, so if they want to take a vacation and not come, they're not going to hurt my feelings.

**REDBOOK:** How did you, Dave, and Charles start Lady Antebellum?

**HILLARY SCOTT:** I was singing and songwriting in Nashville when I met Charles in a bar. I recognized him from MySpace, so I introduced myself. I said, "I've heard your stuff online and I love it." I was just paying him a compliment, but he invited me to write songs with him and Dave.

**RB: Did you realize you had chemistry right away?**

**HS:** We connected writing-wise, but it wasn't until we played a show together that it clicked. I'd never felt 100 percent comfortable on stage until then. I realized there was something about having two other people to interact with that I really loved.

**RB: Is it hard being the only girl in the band—and on the bus?**

**HS:** I don't mind it. There are moments when I'm like, *If I hear one more 'That's what she said' joke, I'm going to pull my hair out.* But for the most part, the guys are so easygoing, and there's no drama. In high school I was the manager of the football team, so being around boys is natural to me!

**RB: You were the manager of the football team?! That must have prepped you a bit for this lifestyle.**

**HS:** Yes, for the smells and hard work! But I had fun.

**RB: Do you have any privacy with them around all the time?**

**HS:** There have been so many times I've accidentally opened the bathroom door because Charles didn't lock it. They're like my brothers, so it's just like, "Ew!" and on to the next thing.

**RB: Do they know all of your secrets?**

**HS:** I think so. I can talk to Dave and Charles until their eyes start crossing. It's not like they don't love me and don't want to know that I'm okay, but they get to a point where it's like, "Hil, you could've stopped talking about this 10 minutes ago...."

**RB: How did you meet your fiancé, Chris?**

**HS:** We met in college—we went to different schools in Tennessee and met through mutual friends. I thought off the bat that he was really attractive, and I could tell that he was kind. Kindness just oozes out of him. I wanted to date him when I met him! And he just wanted to play basketball. *[Laughs]*

**RB: Did you hit it off immediately when you reconnected?**

**HS:** Instantly. We were on Tim McGraw's tour, and I was dating someone else when his band joined the tour. I avoided him, because I knew that if I opened that door, something would happen.



**RB:** When Miranda Lambert was on our April cover, she was gearing up for her wedding—has she given you any planning pointers?

**HS:** I know one thing she did was get her butt into shape, and that's what I'm doing. I'm in bridal boot camp.

**RB:** You're feeling the burn?

**HS:** I'm working out with a trainer and doing a bunch of cardio and lunges and stairs. And they suck. But I feel the difference.

**RB:** Which leads me to another question: Dave and Charles are such tall, lean guys. Does it drive you crazy that they can eat whatever they want, whenever they want?

**HS:** Yes. I'm the one with the slower metabolism and the tighter clothes! The nice thing is that the boys are health-conscious, so they have salad fixings on the bus, which helps me. I try to make healthy choices, but I know I will never be a size 2, and that's okay with me. There are definitely days when it gets to me, but I know part of the reason I have this platform is to be a normal-size person in an industry that tells everyone exactly how they should look. Your body is your body. You need to take care of it, you need to eat well, and you need to exercise for *your* life, not for anything else.

**RB:** You've had a whole lot of success in a short period of time. What does future success look like to you?

**HS:** I'm very involved in charity work in Haiti, and doing mission work there, so that's a big part of my future. I'm working with MyLifeSpeaks to break ground on an orphanage. It's going to be a place where children with special needs can have a home with everything they'll need, from handicap accessibility to a house parent and chores to give them a sense of responsibility. My hope is it will foster a sense of family for these kids. Haiti has changed me forever. It reminds me not to be so self-involved.

**RB:** Your mom and dad were musicians on the road with Reba McEntire's band when you were young, which is such a unique way to grow up. Do you want something similar for your kids?

**HS:** I think you have to find a delicate balance. I was homeschooled on the road for kindergarten, then went to elementary school and a private Christian school while living with my grandparents until I graduated, and I loved it. But my parents were gone a lot. I've learned to adapt my whole life, and I'm thankful for that, but that doesn't mean I wasn't mad for a couple of years in middle school!

**RB:** How do you think you'll achieve a healthy work-life balance as your career continues to soar?

**HS:** The most important thing is that we're all very supportive of one another. In July, my grandmother passed away on a Thursday, and we had shows booked for Friday and Saturday. I called the guys and they said, "Whatever you need to do is fine. Your family is the first priority." So we rescheduled one show, and I flew in for the other. I'll never forget being there with my family when my grandmother passed away, and I'll never forget dedicating "American Honey" to her at the Saturday show. When I got to my dressing room that day, there were 15 handwritten cards from the band and crew for me. There is nothing better than knowing that not only my best friends and my brothers but also my business partners have my back in whatever I do. It made me realize that this is not just a job—this is my family. **R**

"Hillary's the most endearing person I know," says Dave, near right. Adds Charles, "Sometimes we crack up on stage looking into each other's eyes."

## "WHAT HILLARY TAUGHT US ABOUT WOMEN"

Charles and Dave admit they've picked up a few things after six years of sharing a stage, a tour bus, and countless hotel rooms with Hillary.

**1 DON'T FIGHT DIRTY.** "I always try to have the last word in my arguments with my wife, Cassie," says Charles, "and it never comes out right. She remembers every mean thing I've ever said, and when she refreshes my memory, I'm horrified. I think, *There's no way I said that! I didn't mean it!* It's just the way men fight. We say horrible things, and then we're done. But my wife has them archived."

**2 A WOMAN KNOWS WHEN YOU'RE NOT LISTENING.** "Being around Hillary every day has taught me what my actions translate into," Dave says. "If she asks me to put the toilet seat down and I don't, she says, 'You didn't listen when I asked you to do something, and I feel like you don't hear me when I talk.' I never knew there could be double meaning in a toilet seat!"

**3 CUTE CLOTHES (ON GUYS!) REALLY MATTER.** "With every year that goes by, I get a little bit more into fashion," Charles admits. "Now I'm pretty particular about how stuff fits. I never thought I'd be wearing skinny jeans, that's for damn sure!"

**4 SLOW DOWN AND FEEL SOMETHING.** "Hillary's such an emotional force in our group," Dave says. "She's the first one to recognize, 'Gosh, you guys, this is a Grammy. This is what we've dreamed of.' I think sometimes Charles and I just look toward the next thing, like, 'One Grammy's fine, but we've got to do this....' She always takes time to communicate and talk through everything."



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# Ready. set. stunning!

DRESSING FOR A PARTY IS A LITTLE LIKE A CHEMISTRY EXPERIMENT: YOU WANT TO BALANCE PRETTY MAKEUP, SEXY HAIR, AND GLEAMY JEWELRY SO YOU SIZZLE (BUT DON'T BOIL OVER). *BOARDWALK EMPIRE*'S GRETCHEN MOL GETS AN A+. BY KAYLEIGH DONAHUE  
PHOTOGRAPHED BY ROBERT ASCROFT

## BERRY LIPS & SOME BLING

If you get your dose of sparkle from big, light-catching earrings and a cuff, you can opt for quick-and-effortless beauty: Smooth your hair back into a bun or low ponytail, then focus on rich cranberry lips. "The color is beautiful on every skin tone, and it's also easier to wear than your standard Hollywood red," explains makeup artist Daniel Martin, who created the looks on these pages. Apply the lipstick with a brush, then line your lips with a matching pencil for a bleed-resistant finish. Complete the look with soft blush, mascara, and a thin line of black pencil along your lashes.

See Gretchen's exact makeup on page 155. Earrings, Zhush, \$138. Cuff, Lauren G. Adams, \$222. Dress, Catherine Malandrino, \$1,050.



## SMOKY EYES & A HEADBAND

A detailed neckline does half the getting-ready for you: no necklace or earrings needed. Play it up by sweeping your hair off your face with a jeweled headband. "It should be thin and understated," says hairstylist Nathaniel Hawkins, who did the looks in this story.

"Place the top of the band an inch back from your hairline." Keep the sultry vibe going with smoky eyes. Here, Martin used a mix of blue shadows that suit every skin color: navy on the top and bottom lash lines, a shimmery denim blue on lids, and a sheer wash of dusty blue from creases to brow bones. Headband, Jennifer Behr, \$168. Dress, Rickie Freeman for Teri Jon, \$620.



## A DECO NECKLACE & WINGED LINER

Bold accessories like an Art Deco-inspired necklace or a bright ribbon tied at the waist are the fastest ways to spark up a dress you already own and love. Then add a flick of black liquid eyeliner. "Try one with shimmer—it feels a little fresher," says Martin. (To draw it on perfectly, check out "5 Tricks to Line Your Eyes Like a Pro," on page 79.) Finish up with soft blush and rosy lipstick. Necklace, H&M, \$12.95. Ring, Andara, \$125. Dress, Miguelina, \$450.







# BOARDWALK EMPRESS

Two months after giving birth to her daughter, Winter, earlier this year, Gretchen Mol had the classic working-mom inner monologue: "I was mid-scene, and I thought to myself, *What am I doing here? I just had a baby!*" Of course, Gretchen's job—playing showgirl Gillian Darmody on HBO's *Boardwalk Empire*, set in Prohibition-era Atlantic City—requires her to strip down and seduce mobsters, so it comes with unique pressures. "It was emotional, having a newborn and yet, here I am, portraying this woman who's totally self-possessed," she says of her character—who, let us add, is also a *grandmother*. "When I was up for the role, a lot of my actress friends said to me, 'Aren't you nervous to play a granny?!'" recalls the 39-year-old. But any worries were trumped by the chance to work with executive producer Martin Scorsese and film in New York City, where Gretchen lives with her family. (Her husband is director Tod Williams; their son, Ptolemy, is 4.) "I used to love jumping from place to place for roles," Gretchen says of her earlier work, which includes Woody Allen's *Celebrity* and *The Notorious Bettie Page*. "But now that the other parts of my life are constantly changing, it's nice to have the stability of a job that's close to home." Motherhood has also given her a more laid-back perspective on beauty: She still loves a blow-out and red lipstick for nights out with her hubby, but she doesn't obsess about what she sees in the mirror. "When you have a little voice in the other room calling, 'Mama, come here!' you do everything quicker, and you don't stress about the little things," she admits. "Besides, I'm one of those women who likes the way my hair looks when it's kind of dirty."

## SOFT WAVES & A BARE NECKLINE

When you've got a dress with a gorgeous, collarbone-framing open neck, resist the urge to throw on a necklace and instead go for dainty earrings... and seriously alluring hair. Hawkins says to hold a one-inch curling iron vertically, then work in two-inch-wide sections to curl all—that's right, *all*—of your hair. "It takes 10 to 20 minutes," he warns, "but it's worth it!" Once the curls have cooled, finger-comb them. And yes, you can wear a red lipcolor with a red dress, Martin says: "Just dab it on with your finger so it's sheer." His final touch: a dusting of glittery gold shadow on eyelids.

Earrings, Kevia, \$300. Clutch, Inge Christopher, \$285. Ring, Regalia Jewels, \$160. Dress, Vivienne Westwood Anglomania, \$530.

Fashion editor: Audrey Slater

See shopping guide, last pages, for details.

## GRETCHEN'S MAKEUP. UP CLOSE

Rescue Beauty Lounge  
Nail Polish in Più Mossò, \$18,  
worn throughout

Dolce &  
Gabbana  
The Classic  
Lipstick in  
Ultra, \$30,  
on page 150

Dior 3  
Couleurs Smoky  
Eyeshadow  
palette in Smoky  
Navy, \$48, on  
page 152

Stila  
Sparkle  
Waterproof  
Liquid  
Eyeliner in  
Sequins,  
\$22, on  
page 153

Make Up For Ever  
Diamond Powder in  
Gold, \$24, at left

NYX Soft Matte Lip  
Cream in Monte Carlo,  
\$6, at left



# 56

things that matter most in

# I LOVE

***Read the results of REDBOOK's Brownie Points survey to find out which little acts of love and lust really pay off. Then complete the his-and-hers surveys with your guy to unkink the knots in your twosome. You've taken relationship quizzes before... but you've never met one as good as this.***  
***By Caitlin Moscatello***





**Shh!**  
**He likes it!**  
*About half of all dads  
say they're happy to  
handle bedtime solo—  
and 78% of women  
say that means  
a lot!*



# S

ure, you keep score in your relationship. We all do, and it's the best mind game around. Your guy reels off your Starbucks order—*tall-skim-vanilla-latte-not-too-much-foam*—without a moment's pause, and a "plus one" goes off in your brain. You take the 6:30 a.m. shift with the kids on a Saturday so your husband can sleep, and the only thing keeping you upright is the thought of all those brownie points you're banking. But what is that snooze actually worth to him? And what could you redeem your points for later? We set out to discover which everyday deeds mean the most, because really, if it doesn't register, why do it? First, we came up with a list of all the possibilities known to mate-kind, from letting your partner set the thermostat to grooming "down there." Then we asked 100 men and 100 women how many brownie points they give (from 1 to 10) for each. The answers startled us—and our survey takers: "Thinking about this list has made me realize how much I'm taking for granted," says Mike, 36, from Los Angeles. Take the quiz with your guy (see details on page 161) to drill down—and radically improve—your own relationship.

## Sex wins for men

Drum roll? Eh, skip it: More than anything, men love oral sex (shocker!) first thing in the morning (oh!). In fact, *all* of the top things men appreciate the most involve sex, per the REDBOOK Brownie Points survey. The other high-ranking acts of lust on his list:

- Oral sex—any *other* time. It got one point less than the a.m. action, just like everything else here.
- Trying that sex idea he's been hinting at.

- Suggesting you watch porn together.
- Giving him a back rub that leads to sex. (Take out the sex? Deduct 3 points.)
- Jumping in for some action when he's in the shower.
- Whispering something dirty in his ear at a party—but only if you follow up on it later. As Justin, 40, of Bend, OR, explains: "We were at a barbecue with a group of friends and my wife whispered, 'I can't wait to get home and rip your clothes off.' That was all I could think about for the rest of the afternoon. I've never wanted to leave a barbecue so fast in my life!"
- Sending him a text with a sexy photo.
- Being down for some hooking up... after he gets home from a guys' night.

## ➡ Women gave men the most credit in bed for...

- Dedicating an entire sex session just to pleasing you.
- Doing whatever it takes to help you finish, even when he's already done.
- Putting in 20 minutes of foreplay.
- Even putting in just 10 minutes of foreplay.
- Trying a sex idea that you came up with. For Marissa, 31, from Philadelphia, it was using a sex toy. She wasn't sure her guy liked it, "but he surprised me by ordering it and whipping it out one night. It was amazing!"

## What men love almost as much as sex

Guys said their brownie-point meter goes BEEP! BEEP! BEEP! when you...

- **Wear your hottest dress** on date night. "My wife is usually a casual dresser, but a few weeks ago she wore a formfitting brown dress that really showed off her figure," says Ajunan, 36, of Houston. "When I saw her, I thought, *WOW*. After a decade of marriage and three kids, her body still takes my breath away!" Aaron, 33, from Union, KY, appreciates a little dressing up too: "I give her tons of credit for looking sexy when I know the kids have destroyed any energy she may have had that day."
- **Pack his lunch** and put a little note in it.
- **Organize his home office** or another space of the house you don't use (but he does).
- **Go on a double date** with his best guy friend and his annoying wife.
- **Take care of the holiday shopping...** and sign the card from both of you.

The new foreplay: laundry?! Eighty-three percent of you get excited when your guy does the wash.







***Seconds, please!** Of course you like it when he's totally focused on you under the sheets. But just as good? Breakfast in bed.*

### ➡ **You dish out the most points when he...**

- **Swaps dinners** with you when you're at a restaurant and you hate what you ordered.
- **Accompanies you** to your yoga/pottery/photography class. Sarah, 28, of Washington, DC, couldn't get over the time her boyfriend came to yoga with her one rainy Saturday: "I thought he was just being nice so we could spend some time together. Color me surprised when I turned around and he was in a headstand, totally focused. I can't even do that pose! It meant a lot to me that he tried it—and now we go all the time."
- **Buys you flowers** when it's not your birthday or anniversary.
- **Makes you breakfast** in bed.
- **Gives you the perfect gift** because he searched, and searched... and searched some more.

STEPHANIE RAUSSER.

### **EXTRA POINTS! Grooming "downstairs."**

Okay, a few stray hairs aren't going to keep him away. But men did admit that they really, *really* like it when you keep it groomed down there. "Nobody's saying burn the hedges, but it's not bad to trim the bush," says Scott, 29, from Boston. Women are almost as appreciative of men who tidy up their manly parts. Lesson: Neatness counts!

### **He really appreciates that? Yes!**

**Who knew? It gets men grinning when you...**

- ◆ Let him set the thermostat, even if it means you're wrapped up in wool socks, a big sweater, and a Snuggie.
- ◆ Remind him it's his mom's birthday. "Before I met my wife, Elvis Week on TV used to be my warning that my mom's birthday was approaching," says Ryan, 33, of Agoura Hills, CA. "But now that TV tradition is dead—so thank heaven for my wife!"
- ◆ Hand-wash his favorite T-shirt or pair of jeans so it doesn't get destroyed in the machine.
- ◆ Say he looks great—and mean it—when he's gained a few pounds. As Max, 28, of Forest Hills, NY, tells it, "Hearing it from her gives me a confidence boost, since her opinion is the one I care about most. And it's sweet that she tries to make me feel better even when I know I've gotten gross!"



## The props you get for parenting

How sweet is this: Dads gave moms way more brownie points for parenting stuff than you moms gave yourselves. He seriously appreciates it when you...

- ◆ Take an extra morning shift with the kids so he can sleep in.
- ◆ Keep the kids out of his hair when his favorite team is playing.
- ◆ Tell him what a great father he is. "When my wife says, 'You're such a great dad' out of the blue, it always takes me aback—in a good way," says Joseph, 34, of Belvidere, NJ. "We don't always agree on the way things should be handled when it comes to our kids, so it makes me feel good to know that she thinks I'm doing all right."

## You think he's pretty great, too

Dads got credit if they...

- ◆ Take the kids to soccer/ballet/a birthday party on a beautiful Saturday so you can do whatever you want.
- ◆ Single-handedly bathe the kids and put them to bed. "When he comes home from a long day at work, he happily jumps right in and takes over with the baby—diaper changes, feedings, and getting him to sleep," says Meghan, 29, of Houston. It gives me the break I need, and by then I really need it."
- ◆ Tell you what a great mother you are.

## The easiest thing that means A LOT

Men gave major points for when you say "I love you" just because. It only takes a second, and the effects *last*. Says Jeremy, 28, of Pomona, CA: "It's nice to know she's thinking about me throughout the day just as much as I'm thinking about her."

## More stuff that makes people melt

Readers shared their personal brownie-point jackpots.

**HE SAYS...** "Every now and then, I have my friends over for a guys-only scotch party. My wife always nonchalantly makes other plans for that night, even though I've never asked her to. She's so cool like that, and I love her for it." —WAYNE, 34, ARLINGTON, VA

"Sometimes my girlfriend comes up to me and gives me a hug when I least expect it. It's adorable." —ERON, 31, ATLANTA

"It can be a Wednesday when nothing special is going on, and Kelly will surprise me by ordering cookies and having them sent to my office—so great!" —THEODORE, 28, DETROIT

"She goes to sporting events with me that she doesn't like, including NASCAR races." —STEVE, 38, SAN FRANCISCO

"I give her extra points when we go out to dinner and she picks up the tab. It's nice to be treated every so often!" —THOMAS, 33, HOBOKEN, NJ

**SHE SAYS...** "My husband always thanks me for dinner, and during grace he sometimes says, 'Bless the hands that made this meal.' It's really thoughtful." —CYNTHIA, 34, TERRA ALTA, WV

"He wears a Santa tie on Christmas Eve to appease my parents—and he's Jewish!" —ALICE, 34, LOS ANGELES

"My boyfriend painted our entire apartment, which gets him big points. Now he hates the color but lives with it because I like it, which gets him bigger points." —ALEXANDRA, 42, NEW YORK CITY

"He writes me random love letters for no reason at all." —JENNIFER, 29, NEW PROVIDENCE, NJ

"I love slushies, and registered for a slushie maker for our wedding. Nobody bought it for us, so my husband got one for me as a 'honeymoon present.' Now, whenever I'm feeling down, he makes me a slushie. It's silly, but I smile and feel taken care of every time he does it." —DANI, 37, HOUSTON

*Awww...  
he doesn't  
think he  
deserves  
extra credit  
(but he does)*

Men said they consider it to be part of the job (no brownie points due!) when they...

- Unclog the toilet.
- Pull your hair from the shower drain.
- Hide their junk food when you're on a diet.
- Go lingerie shopping with you.
- Drop you off at the door of the restaurant while they park the car in the rain. (Women ranked this as a major point-scorer, so let's make it mandatory, okay?)



## ***But there's always room for improvement, guys...***

"I wish he'd give me more credit for reading up on men's health issues and reporting back to him. I want us to have a long life together!"

—PATCHES, 41, OLD TAPPAN, NJ

"I deserve extra points for planning our meals. He seems to think groceries magically appear in our fridge and that they somehow turn into dinner." —MELISSA, 34, TACOMA, WA

"I think my husband should thank me for setting up man dates for him, usually by calling his friends' wives. Sometimes I even arrange for him to play golf with the guys. I swear, if it wasn't for me, he'd never see any of them!" —LAURA, 30, MILWAUKEE

"I want brownie points for shaving his back. Yup, I just admitted that."

—NICOLE, 29, HOBOKEN, NJ



*Take the survey yourself—and get the convo going with your guy! Find it at [redbookmag.com/browniepoints](http://redbookmag.com/browniepoints).*





PATRICK CLINE

# 1 DREAM ROOM





Whoever said holiday decor can't be ultra-elegant has never opened presents here! Now all we want for Christmas is a room like this. So we found the look for less.

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"Use colors you love," says designer Eileen Kathryn Boyd about this space in her home on New York's Long Island. "That goes for holiday decor too! This year, I went with pinks and purples instead of reds."

Get the designer's style at a D.I.Y. price!

# 23 REAL IDEAS

Release: StoreMags & FantaMag





## Designer tips

- 1 To add a subtle touch of surprise, paint the backs of your shelves a color that's close to—but not the same as—your walls.
- 2 Mix smartly: Just one sleek, mod table plays well with antique-y pieces.
- 3 Love patterned fabrics? Choose a couple you're crazy about (but try to keep it to two) that work with your color scheme. "The polka dot on the chairs gives a graphic look, and the damask of the curtains has an old-world feel," Boyd explains.
- 4 A white ribbed rug picks up the color of the moldings and lets the furniture stand out.
- 5 It's tempting to deck the tree with every ornament you own, but... resist! This year, Boyd limited herself to a bird theme that's gorgeous.



Spice up your living room with **bold** colors, **quirky** accents,

- 6 **Cast a soft, cozy glow** with this sharp-looking lamp. Dimond Luzerne table lamp, \$207; lampsusa.com.
- 7 **A light-green pillow** is festive but seasonless. New green velvet pillow, \$29.95; pier1.com.
- 8 **Add a new texture**—and a little seasonal sparkle—to your sofa with this glam pillow cover. Frosted foil pillow cover, \$29; westelm.com.
- 9 **Even Santa will be tempted** to take a load off on this bright, cushiony chair. Lucy upholstered chair, \$349.99; target.com.
- 10 **Your friends will think you've been antiquesing** when they set their eyes on this gorgeously ornate clock. Sterling Industries Barcelona mantel clock, \$50.95; bellacor.com.
- 11 **The ultra-clean lines on this polished white table** add just the right contemporary touch. Parsons console, \$349; westelm.com.
- 12 **An offbeat wall accent** like these antlers (they're fake! don't panic!) fits amazingly well with more traditional decor *and* gives the room an eclectic vibe. Hunt Club antler trophy by Two's Company, \$107.49 for 3; organize.com.
- 13 **Paint the walls happy!** A burst of color will make you feel better all year long. This saturated robin's-egg shade is a little less bright than the designer's pick. Benjamin Moore paint in Dolphin's Cove #722, \$40.99 per gallon; benjaminmoore.com.
- 14 **The gold-leaf finish** on this French-inspired side





and some (pink!) holiday **flair** for a mix that's seriously festive.

table is *très chic*—and the glass top makes it easy to clean. Lisette side table, \$699; frontgate.com. **15 Sit on this cotton-upholstered chair** and demand that presents be laid at your feet. Lattice Ooh La La armchair, \$349; pbteen.com. **16 Silver candlesticks** pretty up your mantel. Mercury glass candleholder, \$28; pier1.com. **17 This glittery snowflake** requires absolutely no shoveling. Starburst ornament, \$5.95 for 3; crateandbarrel.com. **18 Wrap with citron green paper.** It looks amazing against evergreen. Gift wrap, \$6.99; containerstore.com. **19 Hang purple balls** with sheer ribbon instead of those rusty old hooks you're used to. 4¾-inch purple glitter ball, \$4.99; jamaligarden.com. **20 Metallic boxes** are a beautiful, goes-with-everything detail. Mercury glass box, \$14.95; pier1.com. **21 Wide pink ribbon** is stunning wrapped around the tree or a banister. Offray 3-inch fuchsia ribbon, \$2.06 per yard; michaels.com for store locations. **22 We pity the foo...** who doesn't have these cute Foo dog bookends sitting on her shelves. Andrea by Sadek bookends, \$44.99; distinctive-decor.com. **23 For drapes, choose a detailed fabric** that brings out the color of the wall paint, like these little blue birdies. Premier Prints Barber Taupe/Robin, \$7.48 per yard; fabric.com.



# A daughter LOST

*When Julie Mannix refused to get an abortion, her parents had her locked up in a mental hospital. This is the story of the child she fought to save—and how they made their way back to each other.*

## JULIE'S STORY: "I am not insane!"

November 22, 1963. I am sitting on a dirty orange chair, guarded by a male orderly, waiting to be admitted to a state hospital for the mentally disturbed and criminally insane. I'm a 19-year-old blue-eyed blonde—a debutante from the Main Line of Philadelphia. I am also three months pregnant.

The waiting room is small, the walls a dingy green. Behind a cracked sliding-glass window, two admittance ladies stare, slack-faced, at the old black-and-white Philco television hanging in the corner. "No," one of them cries out. Peering up through my long veil of unwashed hair, I see Walter Cronkite take off his glasses and announce, "President Kennedy died at 1 p.m.... some 38 minutes ago." "Oh, God," whispers the orderly, who collapses onto a chair by my side. "Oh, my dear God."

I wrap myself even more tightly in my wrinkled camel-hair coat. Just then, I feel a vague stirring in my stomach. Seconds later, another soft flutter. I reach down and cover my belly with my hands. Here, in this room that smells of vomit and floor cleaner, my baby decides to announce itself for the first time.

Surrounded by strangers engulfed in grief, I feel a surge of joy. I'd steadfastly refused the abortion my mother had done everything in her power to get for me. Now I know for sure my baby is alive.

**In 1963, abortions were illegal.** Threats to the mother's physical or mental health were the only grounds on which one could be performed. And when my mother informed me I was pregnant—something the family gynecologist had revealed to her, not me—she also told me that he had, conveniently, diagnosed me as severely depressed. In our circles of Philadelphia society, you were considered charmingly eccentric if you were given to extreme mood swings, romantic depressions, even the odd suicide attempt. Giving birth to a bastard child, however, was unforgivable. Although my mother was a staunch Catholic, she had so convinced herself that an abortion would save my future that she was able to justify an act she normally would have abhorred. I was committed to a private psychiatric facility, where an abortion could be performed legally. Except, much to everyone's dismay, I wouldn't sign the papers to authorize the procedure. I held out even after they moved me to the state hospital. I didn't

object to abortion on moral grounds; I just desperately wanted my child—a baby conceived in love, with a man I loved—to live. I had no idea what would happen to my baby, or to me, as a result of my decision. But I'd never felt such conviction before.

Ironically, though my parents were traditional in some respects, they were wildly unconventional in others. My father was a Philadelphia blue blood whose paternal grandfather was one of the founders of the Pennsylvania Railroad. However, his first job after college was traveling with a carnival sideshow. He was a fire-eater and sword swallower, and a journalist who wrote (with the help of my actress-writer mother) books on a wealth of subjects, from carny life to big-game hunting to the history of torture. Many are cult classics; *Those About to Die*, a history of the gladiator games, inspired the film *Gladiator*.

He and my mother traveled for extended periods, dropping me, as they went, in various boarding schools around the world. When I was 9, we settled at Sunny Hill Farm, a stone house outside of Philadelphia built by one of George Washington's generals. My parents hired several women to care for me, my brother, and our menagerie of pets: Rani, our cheetah, enjoyed full use of the house, as did a 15-foot python, a spider monkey, several ocelots, and a little fox cub named Tod. My father wrote a book about him, *The Fox and the Hound*, which Disney turned into an animated film.

As I got older, I learned how to live with my strange and glamorous parents, how to admire them but keep out of their way. I also began my training as a debutante. After graduating high school, I was presented to society at a party so unusual that the *Philadelphia Bulletin* described it as the most thrilling coming-out in a decade. Colored flags blew from the circus tent tops. There were 12 dancing llamas, a baby elephant



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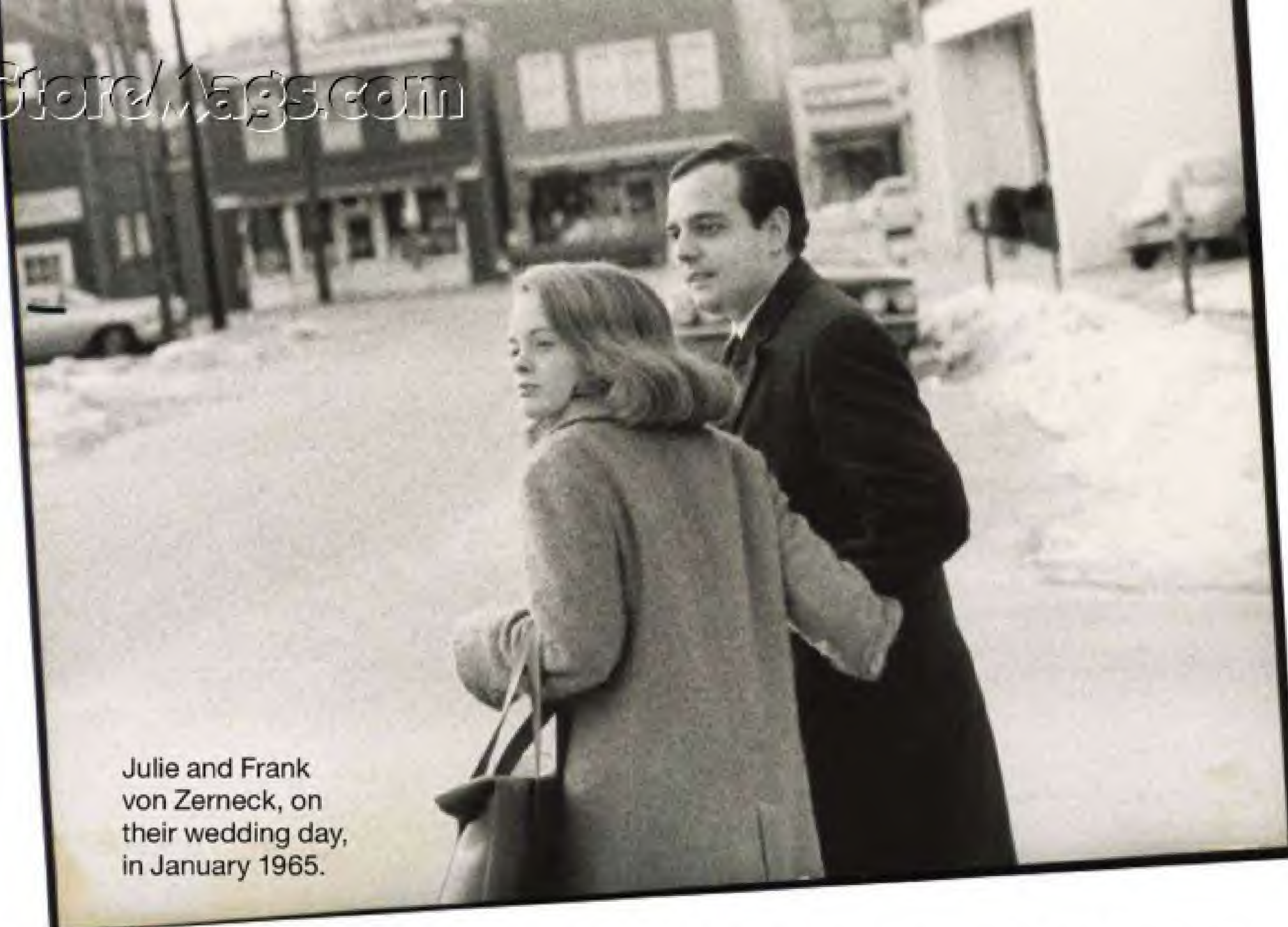
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A wild family history: At right, Julie with Macho, her squirrel monkey, in 1962. At top left, she sits with her parents and brother (and Rani, the family cheetah) at Sunny Hill Farm. Above, one of her acting shots from 1964, after Kathy was born. And at far left, at her 1962 debutante party.







Julie and Frank von Zerneck, on their wedding day, in January 1965.

## As I signed the turned away, and,

as small as I could, watching my fellow inmates as they twirled frantically or walked the halls screaming gibberish. The safest place on Ward 4 was the padded cell. There I could pummel the walls with my fists, kick the metal door, and cry a kind of silent, open-mouthed cry that shook my body and left me still and exhausted.

After a month I began to wonder if maybe I really *was* insane and just didn't know it. To keep calm, I lay in bed for hours every day, imagining a happy little child—always a girl—with long blonde hair like mine, and brown eyes like Frank's. I imagined her laugh. Little by little, I began to think of what I would want for my daughter when she was born: a mother, a father, a home, a room of her own, and a happy, ordinary life. And that's when I knew—I couldn't give her any of those things.

I was held in the state hospital for six months, until the day my water broke. On April 19, 1964, at a Catholic Charities hospital near Philadelphia, I gave birth to a beautiful and healthy little girl. I was allowed to see her only once, from five feet away, before I gave her up. She had my nose, her father's chin, and my mother's large brown eyes. I named her Aimee Veronica. Aimee means "loved." Veronica means "bearer of victory." As I signed the adoption papers, my heart ripped apart. I put down the pen, turned away, and, on shaky legs, I left my baby behind.

called Queenie, fortune-tellers, clowns, and, of course, bottles and bottles of the best champagne.

Shortly afterward, I left to study acting at the Neighborhood Playhouse in New York, then got a summer apprenticeship at a theater in Westbury, on Long Island. There I met Frank von Zerneck, a 23-year-old Jewish kid from the Bronx. With parents in the entertainment business, he'd worked on- and backstage at practically every Broadway and off-Broadway theater. Each day he wore a fresh button-down shirt, which he ironed himself. He had an infectious enthusiasm for life. I loved him madly.

At the end of the summer, just before going back to the Neighborhood Playhouse, I found out Frank was married. I was devastated—and I was also pregnant. Just like that, the life I'd known suddenly came to a halt.

**A letter arrived** several days after I was admitted to the state hospital on Women's Ward 4.

*Darling daughter,*

*It is obvious that you are so overwrought that you are not able to think clearly. Your father and I are terribly afraid that you might try to hurt yourself. Therefore, it has been arranged that you will stay where you are until this dreadful ordeal is over. We will think of you every day.*

*Mother*

I took her note, tore it up into minuscule pieces, and flushed it down the toilet, where it belonged. I'd given my parents no reason to be afraid for my life; they could have sent me to a home for unwed mothers. The mental hospital was my punishment for refusing to have an abortion. Being betrayed so horrifically by my family—and Frank, I couldn't even think about Frank—shattered me. I wanted to shake the psychiatrists so hard their heads would roll off. "I am not insane," I screamed into their faces. But no one would listen to me. So I stopped talking. I would not speak another word until the end of my stay at the state mental hospital.

My room was dirty white and small, just large enough to hold two single metal beds and two dented lockers. Down the hall was the sunroom, actually a dark space with windows entirely covered in thick, grimy mesh. It was where I sat, making myself

**I thought of Aimee** constantly in the decades that followed. My longing for her triggered a series of deep depressions, which would come on quickly and linger for weeks; the passing years never softened them. When I contacted Catholic Charities for news about her, I was told what I knew already: that all records were sealed after adoptions were finalized. There was nothing to do but pray that she was with a good family and growing up loved. Most of the time I could console myself with the thought that I had fought to keep her alive. At least I had done that much.

Frank divorced his wife while I was institutionalized. He had called and written me daily, but all attempts at contact were thwarted by my parents. After giving up Aimee, I moved to New York to become an actress, and Frank and I began seeing each other again. On January 15, 1965, we were married. (When my parents found out, I was, unsurprisingly, disinherited.) We had two more children: Danielle, born in 1965, and Frank Jr., born in 1968. Eventually, we relocated to Los Angeles, where Frank produced miniseries and films for television.

Every year on April 19, Frank and I celebrated Aimee's birthday, the date of which we had engraved on the inside of our wedding rings.



*adoption papers, my heart ripped apart. I put down the pen, on shaky legs, I left my baby behind.*

## KATHY'S STORY: "I feel like a daughter again."

"She's a screamer," the nuns warned as they handed me to my parents in May 1964. "She just needs attention."

The sisters were right; I would foam at the mouth if it meant all eyes would be on me. My grandfather called it a "mean streak"; my father deemed it "determination"; my mother, who had waited 10 long years for me, simply smiled.

My life as Kathleen Marie Wisler had a seamless start. I had a big brother to admire, a younger brother to boss around, and doting parents who read us stories and played with us in the backyard. It was as if I had been dropped into the first chapter of a fairy tale—but we all know how fairy tales go.

My mother was diagnosed with breast cancer when I was 4, the year we moved to Florida. Over the course of the next two years, Mom was in and out of the hospital for weeks at a time. Children were not allowed on the cancer wing, so the nurses would wheel my mother to her third-floor window. From the grassy area below, my brothers and I would hold up our finger paintings and perform cartwheels for her to admire. Hospital visits became a part of our routine, like a trip to the grocery store or a Saturday matinee.

Mom passed away in May 1970; I was 6. My brothers and I each mourned her in different ways: My older brother was controlled and pragmatic, speaking about her in measured doses; my younger brother was undone. I chose to write her letters, placing them in a shoebox under my bed, hoping I would one day find them replaced by her handwritten replies.

May 1971

Dear Mommy,  
*Jerry cries for you every night, but I told him when he's 7 like me he won't cry anymore.*  
Love, Kathy

My father was determined not to leave us motherless for long. After a six-month courtship, Dad married Janet Douglas-McCoy\* the year I turned 10. She was a slender, green-eyed brunette with a luminous smile and a spontaneous laugh; at 29, she was 16 years younger than Dad. In the interest of becoming a united family, he decided to legally adopt her two daughters from a previous marriage. *It would be nice if all the children had the same last name*, Janet had suggested, and the girls' father quickly allowed the adoption to go through.

But the marriage was a disaster from the start. There were constant fights about money—and really, everything else. Amidst the chaos, Janet's daughter Kimmy and I managed to forge a friendship; at times, we were almost like siblings. Which, of course, meant that we fought. It was during one of our typical quarrels that Kimmy spat out: "At least I'm not really *adopted*."

A cold syrup of insecurity pooled in my gut. I walked to my room, sat on the edge of my bed, and waited for Dad to get home. Within the hour, I was greeting him in the driveway, asking him if it was true.

"I thought you knew. Your brothers are adopted too."

I ran into the house, pinballing through the rooms, sorting out the implications. *My brothers aren't my brothers*, and then, like dominoes, one realization touched on another until I was left with this one: *My mother, the one I had loved, had longed for—she was never my mother*. I couldn't even think of Dad not being my dad; it was too painful. My body anesthetized itself into a deep sleep.

When I woke up, Dad was beside me. "Want to talk?" he gently asked, and I nodded. "I've never thought of you as anything but my daughter," he said. "I'll never forget the day Mom and I went to the hospital to get you. You were crying so hard, but then—" he smiled, "they handed you to Mom and you stopped. You knew you belonged with us. You're *my* daughter, kiddo."

**Janet and my father divorced** two years later. He paid child support for her daughters while she remarried a man with a bigger bank account. Misfortune continued to plague my dad. A casualty of the Reagan recession, he was laid off from his engineering job, and eventually we lost our home. But somehow, the descent into poverty pulled my family closer together. In 1986, I graduated from college and started a job with a stock brokerage firm. I also reconnected with Bryan Hatfield, my high school boyfriend, who had grown into the man I knew I couldn't live without. We were married on a brilliant morning in January 1988. "Mom would be proud of the woman you've become," Dad whispered as he walked me down the aisle.

It wasn't until I gave birth to my daughters, Amanda and Kathryn, that I finally allowed myself to think about my birth mother. Bryan and I both had golden-brown eyes, yet Amanda's were a brilliant blue. *My birth mother is probably blue-eyed*, I realized. Kathryn was extraordinarily agile. *My mother's father was an athlete*, I guessed. I observed every suggestion of difference in them and fleshed out my birth family in the process. *This is enough*, I said to myself.

And it *was* enough, until the day our neighbor's son was diagnosed with mitochondrial disease, a genetic disorder. I



\*Some names have been changed.





Kathy and Julie, in Florida  
in November 2010.

began to wonder about diseases that ran in my family. So I wrote a letter to Catholic Social Services of Philadelphia requesting my background information. Three weeks later a large white envelope arrived. I held it for nearly a minute before slicing it open and pulling out the document. First, there was the information about my mother: age 20, Catholic, 5-foot-4, blonde hair. And yes, blue eyes. Then my father: age 23, Jewish, 5-foot-6, black hair.

I had only envisioned a mother, and the thought of my birth father rattled me. I read his information again.

"Special Aptitudes: singing, dancing, acting." *He's gay*, I immediately thought. For her it was first love; for him it was an experimental fling; for me it was bad timing. I imagined my rejected, pregnant mother turning to the nuns at Catholic Social Services, then leaving me behind to start a quiet life in a predictable town where she would regretfully live out the rest of her days. I felt guilty for picturing her in such a cheerless light, but to think of her thriving without me seemed somehow worse.

I slid the form back in the envelope, along with any desire to find my birth parents. I just wasn't ready. And that didn't change three years later, when my father died and I found my adoption papers among his things. I just felt orphaned and alone. Eventually a sense of normalcy resumed, along with the grocery lists, soccer schedules, and dirty laundry separated into warm-hot-cold piles. Then one

day, while sorting through some files, I came across that envelope from Catholic Social Services. It had been 10 years since I'd looked at it last. Armed with it and the birth name, Aimee Veronica Mannix, that was on my adoption papers, I turned to Google.

The original document said my grandfather was a writer. *Maybe he wrote for a newspaper in Pennsylvania*, I thought. I typed in the keywords *Writer - Mannix - Pennsylvania* and clicked on a *New York Times* obituary for a Daniel Pratt Mannix IV, an adventure writer and the author of *The Fox and the Hound*. He was 85 when he died in 1997. I did the math: This man was the same age as the grandfather on my document. It went on to say he left behind a son and a daughter named Julie.

Next, I searched *Julie Mannix*, which led me to the Internet Movie Database. The Julie Mannix now in front of me was an actress with a career dating back to the mid-'60s who had married a television producer named Frank von Zerneck in 1965, the year after I was born. Together they had two children, also actors, named Danielle and Frank Jr.

*What if this is them?* I stood and backed away from the computer. Within minutes I was seated again, reading an article about Danielle, born two years after me; she had a role on *General Hospital* back in the '80s and had also played Donna in the movie *La Bamba*. I grew frustrated that I couldn't picture her face. ►





*"After 6 weeks on an antidepressant, I still couldn't shake my depression."*

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- Call your doctor if you develop very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure, as these may be signs of a rare but potentially fatal condition called **neuroleptic malignant syndrome (NMS)**
- If you develop uncontrollable facial or body movements, call your doctor, as these may be signs of **tardive dyskinesia (TD)**. TD may become permanent and the risk of TD may increase with the length of treatment and the overall dose. While TD can develop after taking the medicine at low doses for short periods, this is much less common. There is no known treatment for TD, but it may go away partially or completely if the medicine is stopped

- If you have **diabetes** or have risk factors or symptoms of diabetes, your blood sugar should be monitored. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include lightheadedness upon standing, decreases in white blood cells (which can be serious), seizures, trouble swallowing, or impairment in judgment or motor skills. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials ( $\geq 10\%$ ) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**

**Please read the additional Important Information about ABILIFY on the adjacent page.**

**Ask your doctor about the option of adding ABILIFY.**

**ABILIFY**  
(aripiprazole)  
2 mg, 5 mg Tablet

**FREE trial offer†**

[FreetrialofferABILIFY.com](http://FreetrialofferABILIFY.com)  
1-877-920-1957

\*Based on 6-week clinical studies comparing ABILIFY + antidepressant versus antidepressant alone.

†Restrictions apply.

If you or someone you know needs help paying for medicine, call 1-888-4PPH-NOW (1-888-477-2669). Or go to [www.pparc.org](http://www.pparc.org)



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## IMPORTANT INFORMATION ABOUT ABILIFY (aripiprazole)

### ABILIFY® (a BIL ī fi) (aripiprazole)

**Rx ONLY**

This summary of the Medication Guide contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

#### What is the most important information I should know about ABILIFY?

Serious side effects may happen when you take ABILIFY, including:

#### • Increased risk of death in elderly patients with dementia-related psychosis:

Medicines like ABILIFY can raise the risk of death in elderly people who have lost touch with reality (psychosis) due to confusion and memory loss (dementia). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

#### • Risk of suicidal thoughts or actions: Antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions:

Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions including people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.

#### How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

#### Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying, attempts to commit suicide, new or worse depression, new or worse anxiety, feeling very agitated or restless, panic attacks, trouble sleeping (insomnia), new or worse irritability, acting aggressive, being angry, or violent, acting on dangerous impulses, an extreme increase in activity and talking (mania), other unusual changes in behavior or mood.

#### What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.

- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

#### What is ABILIFY (aripiprazole)?

**ABILIFY is a prescription medicine used to treat:**

- major depressive disorder in adults, as an add-on treatment to an antidepressant medicine when you do not get better with an antidepressant alone.

**The symptoms of major depressive disorder (MDD) include** feeling of sadness and emptiness, loss of interest in activities that you once enjoyed and loss of energy, problems focusing and making decisions, feeling of worthlessness or guilt, changes in sleep or eating patterns, and thoughts of death or suicide.

#### What should I tell my healthcare provider before taking ABILIFY?

Before taking ABILIFY, tell your healthcare provider if you have or had:

- diabetes or high blood sugar in you or your family; your healthcare provider should check your blood sugar before you start ABILIFY and also during therapy.
- seizures (convulsions).
- low or high blood pressure.
- heart problems or stroke.
- pregnancy or plans to become pregnant. It is not known if ABILIFY will harm your unborn baby.
- breast-feeding or plans to breast-feed. It is not known if ABILIFY will pass into your breast milk. You and your healthcare provider should decide if you will take ABILIFY or breast-feed. You should not do both.
- low white blood cell count.
- phenylketonuria. ABILIFY DISCMELT Orally Disintegrating Tablets contain phenylalanine.
- any other medical conditions.

**Tell your healthcare provider about all the medicines that you take or recently have taken**, including prescription medicines, non-prescription medicines, herbal supplements, and vitamins.

ABILIFY and other medicines may affect each other causing possible serious side effects. ABILIFY may affect the way other medicines work, and other medicines may affect how ABILIFY works.

Your healthcare provider can tell you if it is safe to take ABILIFY with your other medicines. Do not start or stop any medicines while taking ABILIFY without talking to your healthcare provider first. Know the medicines you take. Keep a list of your medicines to show your healthcare provider and pharmacist when you get a new medicine.

#### How should I take ABILIFY?

- Take ABILIFY exactly as your healthcare provider tells you to take it. Do not change the dose or stop taking ABILIFY yourself.
- ABILIFY can be taken with or without food.
- ABILIFY tablets should be swallowed whole.
- If you miss a dose of ABILIFY, take the missed dose as soon as you remember. If it is almost time for the next dose, just skip the missed dose and take your next dose at the regular time. Do not take two doses of ABILIFY at the same time.
- If you take too much ABILIFY, call your healthcare provider or poison control center at 1-800-222-1222 right away, or go to the nearest hospital emergency room.

#### What should I avoid while taking ABILIFY?

- Do not drive, operate heavy machinery, or do other dangerous activities until you know how ABILIFY affects you. ABILIFY may make you drowsy.
- Do not drink alcohol while taking ABILIFY.
- Avoid getting over-heated or dehydrated.
  - Do not over-exercise.
  - In hot weather, stay inside in a cool place if possible.
  - Stay out of the sun. Do not wear too much or heavy clothing.
  - Drink plenty of water.

#### What are the possible side effects of ABILIFY (aripiprazole)?

Serious side effects have been reported with ABILIFY including:

- **Neuroleptic malignant syndrome (NMS):** Tell your healthcare provider right away if you have some or all of the following symptoms: high fever, stiff muscles, confusion, sweating, changes in pulse, heart rate, and blood pressure. These may be symptoms of a rare and serious condition that can lead to death. Call your healthcare provider right away if you have any of these symptoms.
- **High blood sugar (hyperglycemia):** Increases in blood sugar can happen in some people who take ABILIFY. Extremely high blood sugar can lead to coma or death. If you have diabetes or risk factors for diabetes (such as being overweight or a family history of diabetes), your healthcare provider should check your blood sugar before you start ABILIFY and during therapy.
- **Call your healthcare provider if you have any of these symptoms of high blood sugar while taking ABILIFY:**
  - feel very thirsty, need to urinate more than usual, feel very hungry, feel weak or tired, feel sick to your stomach, feel confused, or your breath smells fruity.
- **Difficulty swallowing:** may lead to aspiration and choking.
- **Tardive dyskinesia:** Call your healthcare provider about any movements you cannot control in your face, tongue, or other body parts. These may be signs of a serious condition. Tardive dyskinesia may not go away, even if you stop taking ABILIFY. Tardive dyskinesia may also start after you stop taking ABILIFY.
- **Orthostatic hypotension (decreased blood pressure):** lightheadedness or fainting when rising too quickly from a sitting or lying position.
- **Low white blood cell count**
- **Seizures (convulsions)**

**Common side effects with ABILIFY in adults include** nausea, inner sense of restlessness/need to move (akathisia), vomiting, anxiety, constipation, insomnia, headache, restlessness, dizziness.

These are not all the possible side effects of ABILIFY. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

#### General information about ABILIFY

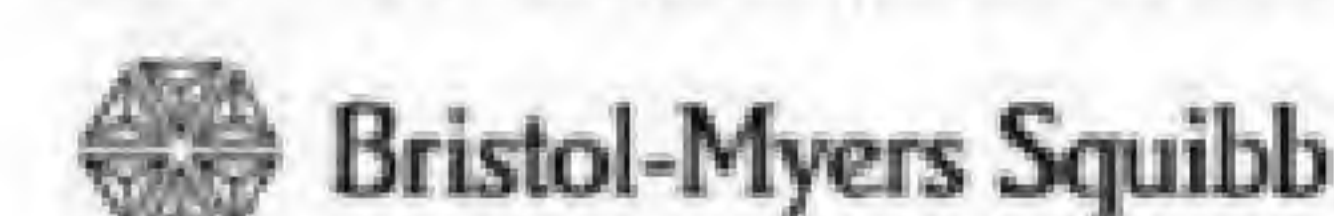
- Store ABILIFY at room temperature, between 59°F to 86°F. Opened bottles of ABILIFY Oral Solution can be used for up to 6 months after opening, but not beyond the expiration date on the bottle. Keep ABILIFY and all medicines out of the reach of children.
- Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use ABILIFY for a condition for which it was not prescribed. Do not give ABILIFY to other people, even if they have the same condition. It may harm them.
- This summary contains the most important information about ABILIFY. If you would like more information, talk with your healthcare provider. For more information about ABILIFY visit [www.abilify.com](http://www.abilify.com).

Tablets manufactured by Otsuka Pharmaceutical Co, Ltd, Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA

Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA

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*It's them, a voice inside me said. They're fine without you.*

I called for Bryan, to show him what I'd found. "Don't do this, Kathy," he cautioned. "It's not them."

"But it all lines up," I insisted, pointing to the screen.

"I don't want you to get hurt; leave it alone." I saw the halo of good intentions circling his words, but even so, I found myself renting *La Bamba* a week later.

"Look," I said to Bryan as I watched Danielle, "we have the same smile, same laugh, same way we tilt our heads."

The next day I wrote Frank and Julie von Zerneck a letter.

*Dear Mr. & Mrs. von Zerneck:*

*How do I begin a letter like this? Well, I think I'll simply just start with: I was born on April 19, 1964, in Philadelphia. Based on the documents Catholic Social Services provided me, I find it plausible that you may know some information concerning my birth family.... It is not my intention to interrupt their lives; I simply want to connect on any level they feel comfortable.*

*Please, at your convenience, let me know if you can assist me with additional information.*

*Sincerely,  
Kathy Wisler-Hatfield*

I held on to it for two weeks before mailing it on a Monday morning in late November 2008. Two days later I got the call:

"Is this Kathy?"

"Yes, this is she."

"Hi, this is Julie Mannix. I received your letter. I have some information for you, but could you first tell me a little bit about yourself?" Her voice was crisp and kind. I corralled my thoughts and took a calming breath before I spoke. "I was adopted through Catholic Social Services of Philadelphia—I think I mentioned that in the letter," I said. "I had wonderful parents, but," I paused, "my mother died when I was 6."

I heard a gasp on the other end.

I continued a synopsis of my life, and when I was done, I was met with silence, followed by a deep inhale. "Kathy—," she said, with a tenderness that filled me with hope, "I'm your mother."

I will never forget that moment. I was standing in my daughter's darkened bedroom, looking out the open window, running my fingers along the hemmed edges of the long white sheers.

"I want you to know, I—" she hesitated. "We—" she paused again. "We did not want to give you up." Half of me was listening, but the other half was mesmerized just by the sound of her voice.

"Your father wants to talk to you. May I put him on?" she asked. And then I heard his voice, so full of warmth. "Julie and I cried when we read your letter," he said, clearing his throat. "We married after you were born. We had your birth date inscribed in our

wedding rings, and we've celebrated every one of your birthdays. I just want you to know," he said gently, "you were loved all along."

**My cab pulls up** in front of the Ritz-Carlton hotel. It's been eight months since I first spoke to the von Zernecks, and 10 steps and two sets of doors are the only things that separate us now. After taking things slowly, exchanging photos, emails, and talking on the phone, we have decided to meet in a neutral location and the place where I was conceived: New York City.

I enter through the double doors. Every seat in the lounge is taken. Scanning the crowd for her, I try not to panic. I calm my nerves with a self-audit, smoothing my trousers and touching each piece of jewelry: earrings, necklace, wedding ring.

I feel a gloved hand tap my shoulder.

"Madam, are you meeting someone?" the doorman asks.

I turn and look over my shoulder to see her. It's like looking at my own eyes staring back at me.

"Kathy," she says, asking yet knowing. I can only smile in response. She steps toward me with open arms, and for the first time, I feel the embrace of my mother.

**One day this fall**, during one of our weekly Skype conversations, my mother notices I'm listless. "Is everything all right?" she asks.

My eyes fill with tears. "I've been feeling guilty." She nods her head as she listens. "It's like I'm floating between two families. And sometimes I don't feel really settled with either of them. If I choose one, it's as if I am rejecting the other."

"Oh, Kathy," she says, blinking back her own tears, "that must be so hard. But you don't have to choose. When I met your cousins and heard all the stories they told about you growing up, I could hardly look at them. I was so envious they got to have parts of you I never will."

"I didn't expect this to be so complicated," I admit. "Neither did I," she says.

"But it's worth it, isn't it?" I ask. "Yes," she says with a smile that puts everything in perspective. "Very worth it."

Bryan comes in from work and Mom calls out, through my laptop screen, "Hey, Bryan, did you have a good day?" "Not bad," he waves. "How are you?" Before she can answer, Amanda steps out of the bathroom with her head wrapped in a towel. "Hey, Granny," she calls out excitedly. "You got your hair cut!"

Later, after I've turned the computer off, I sit and think back to those months

after Dad passed away. I never imagined I would feel like a daughter again, and yet here I am, cherished by two strong and thoughtful parents who worry when my kids are sick and who call for no reason. I feel as though we have never been apart. It's as if we have been dropped into the concluding chapter of a fairy tale—and we all know how fairy tales go. **R**



Kathy with both parents, in Los Angeles last spring.

**I** want you to know," she said, "we did not want to give you up."





# The 30 best party



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# GOOD TO EAT

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## foods of all time

How to use our guide? Pick three of these crowd-thrilling recipes, round 'em out with a couple of easy extras (or just throw together a cheese platter), and *relax*. Hey, it's your party too! **Plus:** An over-the-top coffee cake. ● Speedy dinner ideas. ● A *Top Chef* judge tells all.





## Crab nachos

Prep time: 20 minutes  
Cook time: 0 minutes

- 4 oz jumbo lump crab meat, picked over for shells
- 3 Tbsp chopped fresh cilantro
- 1½ Tbsp fresh lime juice
- 1 Tbsp minced shallot
- 1 red Fresno or jalapeño chile, seeded, minced (1 Tbsp)
- ½ tsp kosher salt
- 24 cup-shaped tortilla chips (like Tostitos Scoops)
- ⅔ cup prepared guacamole

1. Place crab meat in a medium bowl and break lumps up into smaller pieces. Add cilantro, lime juice, shallot, chile, and salt. Gently toss to combine. (Cover bowl with plastic wrap and refrigerate for several hours ahead of time.)
2. Fill tortilla cups with a generous 1 tsp guacamole and top with crab mixture.

Makes 24 nachos.

## Moroccan deviled eggs

Prep time: 25 minutes Cook time: 15 minutes

- 12 hard-cooked large eggs, peeled
- ¼ cup mayonnaise
- 2 Tbsp harissa (a spicy paste available at most grocery stores)
- 1 Tbsp extra-virgin olive oil
- ½ tsp each smoked paprika and kosher salt
- 2 Tbsp finely chopped roasted, salted almonds
- Chives, parsley, or cilantro leaves, for garnish

1. Halve eggs lengthwise and spoon yolks into a mixing bowl. Add mayonnaise, harissa, olive oil, paprika, and salt. Mix with a pastry blender or mash with a fork until smooth.

2. Spoon mixture into egg-white halves. Sprinkle with almonds and garnish with herb leaves.

Makes 24 deviled eggs.

**Tip:** To make perfect hard-cooked eggs, place eggs in a saucepan in a single layer. Cover with cold water and heat over high just to boiling. Remove from heat, cover pan, and let stand for 12 minutes. Drain and rinse under cold water.



## Smoked salmon on corn blinis

Prep time: 15 minutes Cook time: 8 minutes

- ½ cup all-purpose flour
- 3 Tbsp cornmeal
- ½ tsp baking soda
- ¼ tsp each kosher salt and cayenne pepper
- ½ cup buttermilk
- 1 large egg
- 2 Tbsp melted butter
- ⅔ cup canned corn kernels, drained
- Canola oil, for griddle
- ½ cup sour cream
- 24 (2-inch) pieces thinly sliced smoked salmon (about 4 oz)
- Fresh dill sprigs and grated lemon zest, for garnish

1. Place a baking sheet in oven and heat to 200°F. Whisk together flour, cornmeal, baking soda, salt, and cayenne in a medium bowl. Add buttermilk, egg, and butter. Whisk until smooth; stir in corn.
  2. Heat a nonstick griddle or skillet over medium-low heat until hot; lightly wipe griddle with a paper towel dipped in canola oil. Working in batches, drop a scant 1 Tbsp batter onto griddle for each blini. Cook until undersides are golden brown, about 1 minute. Turn and cook the second side until golden brown, about 1 minute longer. Transfer to the baking sheet in oven to keep warm. Oil griddle between batches, if necessary. (Blinis can be made a day ahead, covered with plastic wrap, and refrigerated. Reheat them in a 350°F oven until just warm.)
  3. Spoon ½-tsp dollops of sour cream onto blinis. Top with salmon. Garnish with dill and lemon zest.
- Makes 24 blinis.

## Sweet and spicy cashews

Prep time: 10 minutes  
Cook time: 40 minutes

- ⅓ cup granulated sugar
- 1 Tbsp Chinese five-spice powder
- ½ tsp cayenne pepper
- 1 large egg white
- 3 cups (1 lb) roasted, salted cashews

1. Heat oven to 300°F. Line a baking sheet with

nonstick foil. In a small bowl, whisk sugar, five-spice powder, and cayenne until blended.

2. Whisk egg white in a medium bowl until very soft peaks start to form. Add cashews and toss with a rubber spatula until evenly moistened. Sprinkle sugar mixture over cashews and toss again until coated.
  3. Spread into an even layer on prepared sheet. Bake 40 minutes, stirring once. Loosen nuts on sheet and let cool completely. Store in an airtight container at room temperature for up to 1 week.
- Makes 3 cups.



## Easy extras!

They're a cinch to make but look (and taste) like you slaved for hours. We won't tell anyone if you don't.

1. Wrap prosciutto around breadsticks and serve with olive tapenade for dipping.



2. In a food processor, combine salsa, cream cheese, and fresh lime juice to make a spicy, creamy dip. Serve with tortilla chips.

3. Stuff dates with a cube of Parmesan cheese, wrap a slice of bacon around each date, and broil till crispy.





SOME THINGS ARE JUST BETTER TOGETHER.

ROMEO

JULIET



### BASILICO SAUCE AND FARFALLE FROM BARILLA.

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## Creamy edamame dip

Prep time: 10 minutes Cook time: 6 minutes

- 2 cups frozen shelled edamame
- <sup>3</sup>/<sub>4</sub> cup fresh cilantro leaves
- <sup>1</sup>/<sub>2</sub> cup each garlic-herb cheese spread (like Boursin) and light sour cream
- 3 Tbsp each tahini (sesame paste) and fresh lemon juice
- 2 Tbsp extra-virgin olive oil
- 1 clove garlic, smashed
- <sup>1</sup>/<sub>2</sub> tsp ground coriander
- 1 tsp kosher salt
- <sup>1</sup>/<sub>2</sub> tsp ground cumin

**Accompaniments:** Carrot and celery sticks, endive leaves, sliced cucumbers, cherry tomatoes, bell pepper strips, blanched green beans



1. Boil edamame in 6 cups of lightly salted water 4 to 6 minutes or until tender; drain. Refresh under cold water; drain again.
2. In a food processor, puree edamame with remaining spread ingredients until smooth, adding 1 to 2 Tbsp water if necessary to achieve a thick dipping consistency.
3. Transfer to a bowl. Serve with veggies. (Dip can be made, refrigerated, and covered up to 2 days ahead.)

Makes 2 cups.

## Stuffed baby bell peppers

Prep time: 20 minutes Cook time: 8 minutes



- 24 mixed mini baby bell sweet peppers (red, yellow, and orange), about 1 lb (sold loose or packaged in most produce sections)
- <sup>1</sup>/<sub>2</sub> cup packed fresh basil leaves
- 1 Tbsp fresh oregano or marjoram leaves
- 4 oz creamy Feta cheese
- 1 Tbsp extra virgin olive oil
- <sup>1</sup>/<sub>4</sub> cup pine nuts

1. Heat oven to 350°F. Cut a 1-inch strip lengthwise off each pepper, leaving stems intact. Carefully cut out seeds. Dice enough of the pepper strips to equal <sup>1</sup>/<sub>4</sub> cup; reserve.
2. In a food processor, pulse basil and oregano until finely chopped. Add Feta, oil, and reserved diced peppers, and pulse until cheese is creamy and spreadable.
3. Spoon mixture into a plastic food bag; snip off one corner of bag. Pipe cheese mixture into peppers. (Peppers can be refrigerated at this point; just cover with plastic wrap and bring to room temperature before baking.) Arrange on a baking sheet; top with pine nuts. Bake 8 minutes or until peppers start to soften.

Makes 24 peppers.

## 3-cheese pizza bites

Prep time: 5 minutes Cook time: 18 minutes

- 1 11x9-inch packaged pizza flat or 2 naan breads
- <sup>1</sup>/<sub>3</sub> cup sun-dried tomato pesto
- <sup>1</sup>/<sub>2</sub> to 2 oz Taleggio cheese, rind removed, sliced thin
- <sup>1</sup>/<sub>2</sub> cup mixed cherry tomatoes, halved
- 2 Tbsp tapenade (olive paste)
- 1 oz shredded mozzarella cheese
- 2 Tbsp freshly grated Parmesan or Pecorino Romano cheese
- 1 oz prosciutto, shredded
- Fresh basil leaves, for garnish

1. Heat oven to 450°F. Place pizza flat on a baking sheet.
2. Spread pesto on pizza to within 1 inch of edges. Top with Taleggio, tomatoes, dollops of tapenade, and mozzarella. Sprinkle Parmesan on top.
3. Bake 15 to 18 minutes, until crusts are golden and crisp. Remove from oven and top with prosciutto and basil leaves. Cut into 24 pieces.

Makes 24 pizza bites.



## White bean crostini

Prep time: 25 minutes Cook time: 15 minutes

### White bean spread

- 3 oz pancetta or bacon, diced
- 1 Tbsp extra-virgin olive oil
- <sup>1</sup>/<sub>2</sub> cup diced red onion
- 1 (19-oz) can white cannellini beans, drained
- 2 tsp chopped fresh rosemary
- 1 clove garlic, minced
- <sup>1</sup>/<sub>4</sub> cup white wine

### Crostini

- 24 (<sup>1</sup>/<sub>4</sub>-inch-thick) slices from a thin baguette
- 3 Tbsp olive oil
- 1 large garlic clove, halved
- <sup>1</sup>/<sub>2</sub> cup drained roasted red bell peppers, cut in fine strips
- 8 oil-cured olives, pitted, finely chopped
- 1 tsp chopped fresh thyme leaves

1. **White bean spread:** Cook pancetta in oil in a large nonstick skillet until it's crisp and fat has rendered. Remove pancetta with a slotted spoon and drain on a paper towel. Add onion to drippings and sauté 2 minutes. Add beans, rosemary, and garlic and sauté 2 more minutes. Add wine; cover and simmer 8 minutes. Remove from heat, transfer mixture to a bowl, and mash, leaving some pieces of beans visible. (Spread can be made up to 1 day ahead and refrigerated; reheat puree in microwave before serving.)

2. **Crostini:** Heat a griddle or nonstick skillet. Brush bread with olive oil and lightly toast on griddle, turning once. Rub one side of each bread slice with garlic clove.
3. To serve, toss pepper strips, olives, and thyme in a small bowl. Spread bread slices with 1 Tbsp white bean mixture, top with pepper mixture, and garnish with crisp pancetta.

Makes 24 crostini.



4. Make Creole popcorn by tossing freshly popped corn with melted butter, dried thyme, garlic powder, cayenne pepper, and fresh black pepper.



5. Cut fully-cooked bratwurst into thirds and grill. Spear with toothpicks and serve with cranberry-apple relish (just add diced apples to cranberry sauce).

6. Toss mixed olives with strips of orange zest and hot red pepper flakes.



7. Bake store-bought frozen biscuits (like Pillsbury Grands); then split, brush with honey mustard, and tuck a slice of baked ham inside.

8. Spread creamy ricotta cheese on crackers; drizzle with your favorite honey.







## Lobster sliders

Prep time: 10 minutes

Cook time: 2 minutes

- 1/3 cup light mayonnaise
- 1 Tbsp fresh lemon juice
- 2 tsp chopped fresh tarragon
- 1/2 tsp kosher salt
- 1/4 tsp cayenne pepper
- 2 cups cooked lobster meat, cut into 1/2-inch pieces
- 24 party-size potato rolls
- 1/4 cup (1/2 stick) salted butter, softened
- 1 1/2 cups finely shredded hearts of romaine or iceberg lettuce

1. In a small bowl, whisk mayonnaise, lemon juice, tarragon, salt, and cayenne. Gently stir in lobster. Chill mixture 30 minutes.

2. Slice rolls and spread cut sides lightly with butter. Place, buttered sides down, on a griddle until golden and toasted, about 2 minutes.

3. Mound bottom rolls with lettuce and lobster salad; replace top roll. (Can be made up to 1 hour ahead.)

Makes 24 rolls.

## Mac and cheese bites

Prep time: 30 minutes

Cook time: 30 minutes

- 1/4 cup (1/2 stick) unsalted butter, softened
- 1/4 cup freshly grated Parmesan cheese
- 3/4 cup elbow pasta
- 1 1/2 Tbsp all-purpose flour
- 3/4 cup whole milk
- 2 oz fresh Asiago cheese, shredded
- 2 oz creamy Gorgonzola cheese, cut up
- 6 sun-dried tomato halves (not in oil), finely diced
- 1 large egg yolk
- 1/2 tsp hot red pepper sauce

1. Grease 2 nonstick 12-cup mini muffin pans with 2 Tbsp of the butter. Sprinkle Parmesan into each cup. Turn pans to coat cups evenly with cheese, then tap out excess.

2. Cook pasta in boiling salted water 5 to 6 minutes or until firm-tender. Drain; transfer to a large bowl.

3. Melt remaining 2 Tbsp butter in a small saucepan over medium heat. Add flour and whisk 1 minute. Slowly add milk, whisking, until blended. Bring to a simmer and cook 1 1/2 minutes or until thickened. Remove from heat and whisk in Asiago and Gorgonzola until melted. Stir in tomatoes, yolk, and hot sauce. Pour over pasta and toss to coat. Let mixture cool to room temperature.
4. Heat oven to 375°F. Fill muffin cups with mac and cheese, packing gently. (Bites can be assembled to this point, covered, and refrigerated up to 2 days before baking.) Bake 18 to 20 minutes, until golden and sizzling. Let pans cool on a rack for 15 minutes. Using a small spatula or a fork, carefully loosen bites around edges, transfer to a platter, and serve.

Makes 24 bites.



## Thai meatball lettuce wraps

Prep time: 20 minutes Cook time: 15 to 20 minutes

- 1 lb ground chicken or turkey
- 1/2 cup cooked jasmine rice (like Uncle Ben's Ready Rice), chopped
- 2 Tbsp each fish sauce and Thai oyster sauce
- 1 Tbsp each minced garlic and grated ginger



- 1 stalk tender lemongrass, finely minced (1 Tbsp)
- 1/4 cup chopped cilantro
- 1 small shallot, minced
- 2 red Fresno or jalapeño chiles, seeded, minced
- 3 Tbsp peanut or vegetable oil

- 24 small Bibb or Boston lettuce leaves (2 heads)
- Thai sweet red chili sauce (like Taste of Thai)

- 1 small seedless cucumber, halved, very thinly sliced (1 cup)
- 1 cup fresh mint or cilantro leaves

1. In a large bowl, mix first 11 ingredients with a large spoon until combined. With wet hands, shape into 24 (1-inch) balls. Refrigerate 1 hour to firm up.

2. Heat oven to 350°F. Coat a baking sheet with cooking spray and arrange meatballs evenly on sheet. Lightly coat meatballs with cooking spray. Bake 15 to 20 minutes or until meatballs are lightly browned and cooked through. (Meatballs can be made ahead, covered with plastic wrap, and refrigerated. Reheat in a 350°F oven.)

3. To serve, place a meatball into a lettuce leaf. Drizzle with sweet red chili sauce and top with cucumber and mint leaves.

Makes 24 wraps.

## Chipotle pineapple shrimp

Prep time: 15 minutes

Cook time: 5 minutes per batch

- 1/3 cup chipotle barbecue sauce
- 1 Tbsp lime juice
- 1 clove garlic, crushed through a press
- 24 extra-large shrimp (about 1 1/2 lb), peeled, deveined, tails intact (defrosted, if frozen)

- 24 (3/4-inch) cubes fresh pineapple
- 24 (6-inch) wooden skewers, soaked in water 30 minutes
- Kosher salt and ground pepper

1. Whisk barbecue sauce, lime juice, and garlic in a large bowl until smooth.
2. In curve of each shrimp, nestle a pineapple cube and thread a skewer through both. Place skewers in a small baking pan,

with one end of stick resting on edge. Brush shrimp and pineapple all over with barbecue sauce. Marinate in fridge up to 2 hours.

3. Heat a stovetop grill pan over medium heat. Spray shrimp lightly with olive oil spray and season with salt and pepper. Grill in batches, 5 minutes per batch (or until opaque throughout), turning once. Serve warm or at room temperature.

Makes 24 shrimp.



9. Coat rinsed, drained canned chickpeas with olive oil, Spanish paprika, and kosher salt. Sauté until crisp.

10. Cook Mrs. T's frozen potato & cheddar mini pierogies and serve with a dip made of equal parts caramelized onions and Greek yogurt.

11. Stir together sour cream, crumbled blue cheese, chopped walnuts, parsley, lemon juice, and a dash of hot sauce. Serve with pita chips.

12. Fill mini phyllo shells with Brie cheese, top with a walnut piece, and bake in a 450°F oven until cheese melts. Top each with thin apple slices.

13. Top bite-size cooked (from frozen) crab cakes with a dollop of lemon mayo and thin strips of lemon zest.





Spend some quality time with your little helpers.



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## Cajun sausage puffs with bourbon mustard

Prep time: 20 minutes  
Cook time: 25 minutes

- 1 (14-oz) package all-butter puff pastry, thawed
- Flour, for dusting
- 8 hot-dog-size, fully cooked smoked andouille chicken sausages (with ends trimmed off)

- 1 large egg, lightly beaten with 1 tsp water
- Bourbon mustard**
- 2 Tbsp bourbon
- $\frac{1}{3}$  cup Creole or grainy Dijon mustard
- 1 Tbsp honey

1. Unfold pastry, lightly dust both sides with flour, and place on a floured surface. Using a pizza wheel, cut pastry crosswise into 16 ( $\frac{1}{2}$ -inch-wide) strips. Start spiraling a pastry strip around a sausage, without overlapping the pastry. When you come to the end of the first strip, start a second (press ends together) and continue wrapping until sausage is covered. Wrap remaining sausages.

2. Evenly space sausages on a parchment-lined

baking sheet. Refrigerate 1 hour (or up to 2 days, covered) before baking.

3. Heat oven to 375°F. Brush pastries with egg mixture. Bake until puffed and golden, 22 to 25 minutes. Cool 5 minutes. Using a serrated knife, cut each pastry into thirds and skewer with a toothpick. Serve with Bourbon mustard for dipping.

4. **Bourbon mustard:** Heat bourbon in a small saucepan over medium heat until warm. Carefully ignite it. When the alcohol is burned off (i.e., the flame goes out), pour into a small bowl. Stir in mustard and honey. (Can be made several hours ahead and kept at room temperature.)

Makes 24 sausage puffs.



## Mini arancini

Prep time: 30 minutes  
Cook time: 30 minutes

- 2 cups reduced-sodium chicken broth
- $\frac{2}{3}$  cup arborio rice
- $\frac{1}{4}$  cup minced onion
- 2 Tbsp unsalted butter
- 1 clove garlic, minced
- $\frac{2}{3}$  cup grated Parmesan cheese
- $\frac{1}{2}$  tsp freshly ground black pepper
- 3 large eggs, beaten
- 2 oz Fontina cheese, cut into 24 ( $\frac{1}{2}$ -inch) cubes
- $\frac{1}{2}$  cup all-purpose flour

- 1 cup plain dried breadcrumbs
- Vegetable oil, for frying
- Warm marinara sauce, for dipping

1. Bring broth to a boil in a medium saucepan. Stir in rice, onion, butter, and garlic. Cover, reduce heat to low, and cook until rice is tender, about 18 minutes. Remove from heat and stir in Parmesan and pepper. Cool slightly, then stir in 3 Tbsp of the beaten eggs. Refrigerate 2 hours.

2. With wet hands, shape rice mixture into 24 balls (about 1 rounded Tbsp each). Tuck a cube of Fontina into the center of each ball and re-roll until cheese cubes are embedded in rice.

3. Place flour and breadcrumbs on separate sheets of waxed paper.

Roll each ball in flour, then dip into eggs, letting excess drip off. Then roll in breadcrumbs, coating evenly. Transfer balls to a baking sheet lined with waxed paper. (Make-ahead tip: At this point, freeze until firm, then transfer balls to a freezer bag and freeze up to 1 month. Thaw rice balls in refrigerator before frying.)

4. Place a baking sheet in oven and heat to 200°F. Heat 2 inches of oil in a heavy saucepan to 350°F. Deep-fry balls, 6 at a time, until golden brown, about 3 minutes per batch. Drain on paper towels and transfer to baking sheet in oven to keep warm while frying remaining balls. Serve with warm marinara for dipping.

Makes 24 rice balls.

14. Roll pimento-stuffed green olives in crumbled raw Italian sausage, then in panko breadcrumbs, and bake in a 425°F oven for 15 minutes or until crisp.

15. Freshen up cocktail sauce with fresh lemon juice and grated fresh horseradish; serve with chilled cooked shrimp.



16. Place slices of hard-cooked eggs on cracker rounds; top with a dollop of crème fraîche and caviar. (Don't eat 'em all yourself!)



## Rice Krispies Tree Trimmer Treats™

### Ingredients:

- 12 6-inch lengths string licorice
- 12 miniature marshmallows
- 3 tbsp. butter or margarine
- 4 cups mini marshmallows
- 6 cups Kellogg's® Rice Krispies® cereal
- Frosting to decorate
- M&M'S® Brand Chocolate Candies

### Directions:

1. Fold each licorice piece in half and push ends through centers of 12 marshmallows. Set aside.

2. In a large pan, melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add Kellogg's® Rice Krispies® cereal. Stir until well coated.

3. Using greased  $\frac{1}{2}$ -cup measuring cup, divide warm cereal mixture into 12 portions. Shape each portion around licorice ends. Cool. Decorate with frosting and M&M'S® Brand Chocolate Candies.

Serving size = 1 ornament



For more recipes and nutrition information, visit [ricekrispies.com](http://ricekrispies.com)



Watch the guys spruce up Santa's snack. Scan or text TREATS to 30333. Message and data rates may apply. Check your carrier for details.

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## What to eat while you open presents

Kids woke you at 5 a.m. to tear into the loot? Self-medicate with caffeine and our chocolatey double-glazed coffee cake.

### Black-and-white coffee cake

Prep time: 45 minutes    Cooking time: 65 minutes

#### Filling

- 1 cup mini semisweet chocolate chips
- $\frac{3}{4}$  cup finely chopped pecans
- 1 Tbsp unsweetened cocoa powder
- $\frac{1}{2}$  tsp pumpkin pie spice

#### Cake

- 3 cups all-purpose flour
- $1\frac{1}{2}$  tsp each baking powder and baking soda
- 1 tsp pumpkin pie spice
- $\frac{1}{2}$  tsp salt
- $\frac{3}{4}$  cup ( $1\frac{1}{2}$  sticks) unsalted butter, softened
- $1\frac{1}{3}$  cups granulated sugar
- 3 large eggs
- 1 (16-oz) container sour cream
- 2 tsp vanilla extract

#### White glaze

- $\frac{3}{4}$  cup confectioners' sugar
- 1 Tbsp warm water

#### Chocolate glaze

- 2 oz bittersweet chocolate, chopped
- $\frac{1}{4}$  cup heavy whipping cream
- $1\frac{1}{2}$  tsp each unsalted butter and light corn syrup

1. Heat oven to 325°F. Coat a 10-inch Bundt pan with baking spray.

2. **Filling:** In a small bowl, combine all ingredients.

3. **Cake:** In a medium bowl, combine flour, baking powder, baking soda, pumpkin pie spice, and salt. In a large bowl, using a mixer on medium speed, beat butter and sugar for 2 minutes. Add the eggs, 1 at a time, beating well after each addition. On low speed, beat in half the flour mixture, then sour cream and vanilla, then remaining flour mixture.

4. Spread  $\frac{1}{3}$  of the batter (about  $2\frac{1}{2}$  cups) in an even layer in the pan. Spoon  $\frac{1}{2}$  of the filling mixture (about 1 cup) over the batter in an even layer. Spread another  $\frac{1}{3}$  of the batter, spoon the remaining filling mixture on top, then spread on remaining batter in an even layer. Bake 60 to 65 minutes, until a skewer inserted in the center of the cake comes out clean. Let cool in the pan on a wire rack for 10 minutes. Invert rack and cool completely. Transfer cake to a serving plate.

5. **White glaze:** In a bowl, whisk confectioners' sugar and water until smooth. Drizzle glaze over cake, letting it drip down the sides. Allow glaze to harden.

6. **Chocolate glaze:** Put chocolate in a small bowl. Microwave remaining ingredients in a 1-cup glass measure on high for 1 minute or until boiling; pour over chocolate and whisk until smooth. Refrigerate 10 minutes or until thickened. Slowly pour or spoon chocolate glaze over and around vanilla glaze so that both show. Let cake stand until glaze sets.

Makes 12 servings.

—RECIPE BY BARBARA CHERNETZ







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### McCormick® Spiced Holiday Sugar Cookies

#### INGREDIENTS

2 ½ cups flour  
1 tsp. baking soda  
1 tsp. McCormick Ground Cinnamon  
¼ tsp. McCormick Ground Nutmeg  
¼ tsp. salt  
1 ¼ cups sugar  
1 cup (2 sticks) butter, softened  
1 egg  
2 tsp. McCormick Pure Vanilla Extract  
Colorful Cookie Icing  
(Visit [mccormick.com](http://mccormick.com) for Icing recipe)

**MIX** flour, baking soda, cinnamon, nutmeg and salt. Beat sugar and butter in large bowl with electric mixer on medium speed until light and fluffy. Add egg and vanilla; mix well. Gradually beat in flour mixture on low speed until well mixed. Refrigerate 2 hours or overnight until firm.

**ROLL** out dough on lightly floured surface to ¼-inch thickness. Cut into shapes with cookie cutters. Place on greased baking sheets.

**BAKE** in preheated 375°F oven 8 to 10 minutes or until lightly browned. Cool on baking sheets 1 minute. Remove to wire racks; cool completely. Decorate cookies with Colorful Cookie Icing. Place on wire rack to dry.  
Makes 6 dozen.

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**New 15-minute dinners!** Put pork tenderloin in the rotation with these quick, delicious recipes, and watch your family happily pig out.



1 (1-lb)  
pork tenderloin



1 large egg



1 cup Italian-style panko  
breadcrumbs



6 cups mixed greens



1 cup red and orange  
cherry tomatoes, halved



1 Tbsp balsamic  
vinegar

## Extra-crispy pork milanaise

1. Cut tenderloin crosswise into 4 equal pieces. Make another cut through the middle of each one, almost all the way through, and open like a book. Pound each piece with a mallet or rolling pin until it's ¼ inch thick.
2. Beat egg in a shallow pie plate. Place breadcrumbs in another shallow pie plate. Coat pork in egg, then in breadcrumbs.
3. Heat 1 Tbsp olive oil in a large nonstick skillet over medium heat. When oil is shimmering, add half the pork and cook about 4 minutes per side, until golden brown and crisp. Remove to paper towels and repeat with remaining pork.
4. In a large bowl, combine greens and tomatoes. In a smaller bowl, whisk 1 Tbsp olive oil with the vinegar and salt and pepper to taste. Pour balsamic mixture over greens and tomatoes, tossing to coat.
5. Place a piece of pork on each plate and top with salad.

Makes 4 servings. Each serving: 287 cal, 13 g fat, 29 g protein, 12 g carb.



1 (1-lb)  
pork tenderloin



1 large onion,  
thinly sliced



1 each red and  
yellow bell pepper,  
seeded, cut into  
thin strips



1 cup salsa



8 (6- to 7-inch)  
flour tortillas



½ cup store-bought or  
homemade guacamole

## Pork and pepper fajitas

1. Slice tenderloin crosswise into ¼-inch-thick pieces, then cut each into thin strips.
2. Heat 1 Tbsp canola oil in a large nonstick skillet over medium-high heat. Add pork, seasoned with salt and pepper, and cook, stirring frequently, about 3 minutes. Remove to a plate.
3. Add 1 more Tbsp canola oil to same skillet. Add onions and peppers and cook, stirring frequently, until they soften, about 5 minutes. Return pork to skillet and cook 2 minutes. Add salsa and cook 1 minute more.
4. Warm tortillas according to package instructions.
5. Divide pork and pepper mixture among tortillas and wrap tortilla around filling. Serve with guacamole.

Makes 4 servings. Each serving: 631 cal, 22 g fat, 36 g protein, 71 g carb. —RECIPES BY BARBARA CHERNETZ





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## DECEMBER'S SUPERFOOD: SWEET POTATOES

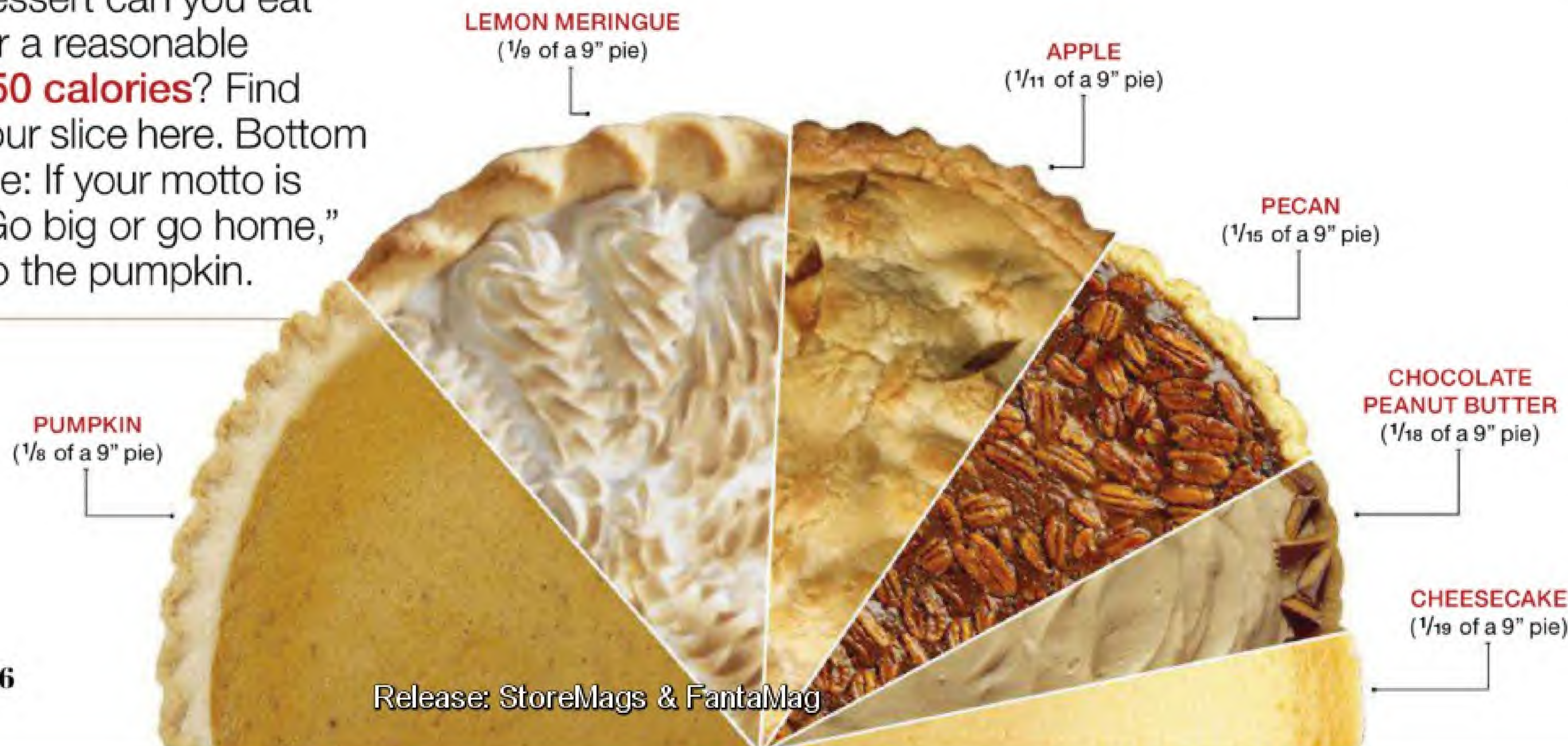
If you only eat sweet potatoes when they're hiding under marshmallows at Thanksgiving, you're missing out. These orange-fleshed tubers (sometimes sold as yams) are a nutrition bonanza: One medium spud has about 4 grams of filling fiber and just 100 calories. It delivers a hefty dose of beta-carotene, a carotenoid with antioxidant properties that keeps your eyes and immune system healthy and may even help prevent cancer. They definitely don't have to be candied to be delicious, says registered dietitian Victoria Shanta Retelny, a culinary consultant in Chicago. Bake one whole and serve halves topped with Greek yogurt and cinnamon. Or make good-for-you fries: Cut a sweet potato lengthwise into ¼-inch slices, brush with olive oil, sprinkle with salt and paprika, and cook on a baking sheet at 350°F for 45 minutes. Then gobble. —NICCI MICCO

## CONSULT OUR PIE CHART!

So, how much of your favorite holiday dessert can you eat for a reasonable **350 calories**? Find your slice here. Bottom line: If your motto is "Go big or go home," do the pumpkin.

## THE #1 FOOD FOR WEIGHT LOSS

People who upped their yogurt intake—eating at least one serving a day—dropped almost a pound every four years, says a recent study in the *Journal of the American Medical Association* that followed nearly 120,000 adults for two decades. Those who skipped a serving each day *gained* weight. In fact, yogurt was the food most strongly linked with long-term weight loss, says lead researcher Dariush Mozaffarian, M.D., of the Harvard School of Public Health. Have at least one cup of plain yogurt a few times a week, and spoon your way slim. —N.M.





## take note

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Q

My son spilled chocolate milk on his shirt, on the couch, and on the living room carpet. How do

I clean up the mess without buying three different cleaning supplies?

A

The solution is OxiClean® Versatile Stain Remover. You can use OxiClean® Versatile on his clothing, on the

couch fabric, and on the carpet. For his shirt, you can pre-soak the stain in a mixture of OxiClean® and water, and then wash it using your favorite detergent and a scoop of OxiClean® to boost the detergent's power. For the carpet and couch stains, apply a solution of water and OxiClean® to the stains and use a towel to dry the solution. Thanks to OxiClean®, boys can still be boys and carpets can still be clean!



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Cheers to avoiding holiday weight gain!

## Ask Hungry Girl

*I love eggnog, but I hate how fattening it is. Got a yummy, lower-cal recipe?*

Yes, ma'am! A one-cup serving of eggnog has about 400 calories and 20 grams of fat, so I came up with No-Nonsense Nog, a lightened-up version. To make it, combine 5 cups light vanilla soy milk, 1 small package sugar-free, fat-free instant vanilla pudding mix, 6 packets of no-calorie sweetener (like natural stevia), 1 tsp rum extract, and ½ tsp ground nutmeg in a blender. Mix thoroughly on high speed, then refrigerate in a covered container for a few hours to thicken. Before serving, top each glass with fat-free whipped topping and cinnamon if you'd like. *Serves 5. Each cup, with whipped topping: 103 calories, 2 g fat.* (For a spiked version, replace extract with 5 oz rum and reduce milk by a half cup. *Adds 58 calories per serving.*)



## HUNGRY GIRL'S FOOD FIX

# Eat, drink, and look **sexy**

Check out Hungry Girl Lisa Lillien's picks for enjoying yourself this season without having to ask Santa if you can borrow his suit.

### WORST

Chocolate truffles might be small, but each one packs about 90 calories and 8 grams of fat—and really, who quits after just one?

#### CANDY

### BEST

**Miniature candy canes** have only 15 calories each. They're fun and take a while to finish: That's what hungry girls call a win-win.



Thanks to the buttery pastry shell, heavy cream, and serious cheese, one tiny quiche is crazy fattening; pop four and you've consumed an entire meal's worth of calories—about 600—before the main course.

#### APPS

Go for the **shrimp cocktail**—schmancy and delicious. You can enjoy eight pieces with cocktail sauce for just 150 calories and 2 grams of fat.



Warm alcoholic beverages are very tempting when it's freezing outside, but beware the hot buttered rum. One mug contains a whopping 400 calories. It's like chugging a glass of melted butter!

#### COCKTAILS

Have yourself a **vodka soda** for 100 calories. Start with a shot of vodka (or gin); add club soda (skip tonic—it's loaded with sugar) and a squeeze of lime. Cheers!



If you're taking a snack break from the sales, resist the coffee-shop muffins; some top 600 calories. Dinner time? Steer clear of the Chinese stir-fry line. That chicken lo mein or beef and broccoli is usually floating in an oily, sugary glaze.

#### MALL GRUB

Your best bet is a **grilled chicken salad** with low-cal dressing, hold the croutons. And keep on shopping! You can burn 300 calories in a couple of hours walking around the mall.



Hungry for more? Sign up for Lisa's free email newsletter at [hungry-girl.com](http://hungry-girl.com), and tune in to Food Network every Sunday at 10 a.m. ET for *Hungry Girl*.



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# WHAT I KNOW ABOUT FOOD

## Gail Simmons

The *Top Chef* judge tells you her key ingredient, her secret snack, and her hands-down favorite dessert now.



Gail also hosts *Top Chef: Just Desserts* on Bravo.



"My guilty pleasure? Dive-bar chicken wings—the spicier the better."

"I love having carbonated water in my fridge. The Sodastream soda maker lets you control the fizz, and I add natural fruit juice so it has a nice flavor."



**Adventurous eating starts at home.** My mother was a cooking teacher and a food writer, so I grew up eating tandoori chicken while other kids had peanut butter and jelly. At the time, I yearned for peanut butter, but my exposure to great, diverse foods molded who I am. My mom made putting exciting things on the dinner table look effortless.

**Being organized is your greatest asset in the kitchen.** We talk a lot on *Top Chef* about having your *mise en place*, which is the best way to ensure a successful recipe. The point is to have everything ready before you start cooking. Read the recipe, measure the oil, and chop everything so you have the exact amount you'll need. Cooking happens quickly, and this just makes it easier.

**People always ask how I deal with eating for a living.** Let me tell you, Tom [Colicchio] never gets that question. He's on the "Sexiest Man Alive" list; no one asks how *he* does it. But when you Google me, it says I'm pregnant. I've never been pregnant!

**I have a picky sweet tooth.** I don't like desserts too sweet, and I like them to have lots of textures. Recently I had ricotta and thinly sliced peaches with honey, basil, and pistachios—it was delicious. I'm also into really caramel-y fig tarts (see Gail's recipe at [redbookmag.com/gailsrecipe](http://redbookmag.com/gailsrecipe)). But that doesn't mean I don't enjoy a giant piece of chocolate cake once in a while! —AS TOLD TO BRITTANY BURKE



"A soft-poached or fried egg makes everything taste better. A BLT with avocado and a fried egg is my absolute favorite."



"I eat so much rich food at work that at home I tend to cook vegetarian dishes, like couscous with marinated eggplant and peppers."

### 4 THINGS YOU'LL ALWAYS FIND IN MY KITCHEN

#### PARMESAN CHEESE



"I like to sprinkle it on vegetables for the last two minutes I'm roasting them."

#### RED BOAT FISH SAUCE



"I honeymooned in Vietnam, where fish sauce is an integral ingredient—it enhances any dish."

#### LEMON JUICER



"I'm obsessed with getting every single drop of juice out of a lemon!"

#### KUHN RIKON KNIVES



"These Swiss knives come in really great colors. They're super-sharp and not expensive!"





## spread a little mmmmmm

### Spiced Pumpkin Cheesecake

Makes 16 servings

38 NABISCO Ginger Snaps, finely crushed  
1/4 cup finely chopped PLANTERS Pecans  
1/4 cup butter, melted  
4 pkg. (8 oz. ea.) PHILADELPHIA Cream Cheese, softened  
1 cup sugar  
1 can (15 oz.) pumpkin  
1 Tbsp. pumpkin pie spice  
1 tsp. vanilla  
4 eggs  
1 cup thawed COOL WHIP Whipped Topping  
1/2 tsp. ground nutmeg

#### How to make it

HEAT oven to 325°F. MIX crumbs, nuts and butter; press onto bottom and 1 inch up side of 9-inch springform pan. BEAT cream cheese and sugar with mixer until blended. Add pumpkin, spice and vanilla; mix well. Add eggs, 1 at a time, mixing after each just until blended. Pour into crust. BAKE 1 hour 20 min. to 1 hour 30 min. or until center is almost set. Loosen cake from rim of pan; cool before removing rim. Refrigerate 4 hours. Serve with a dollop of COOL WHIP and a dusting of nutmeg.

Preparation time: 15 minutes



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# SHOP THE ISSUE

## 5 TRICKS TO... LINE YOUR EYES LIKE A PRO

**PAGE 80:** Clinique Quickliner **pencil**, \$15; clinique.com. Avon Ultra Luxury **Eye Liner**, \$6; avon.com. Estée Lauder Double Wear **Eye Pencil**, \$19; estee lauder.com. Three Custom Color Light Clarifier **Eye Pencil**, \$16.50; three custom.com. Smashbox Jet Set Waterproof **Eye Liner**, \$22, and Arched **Liner Brush**, \$20; Sephora.

## BEAUTY NEWS

**PAGE 84:** Kiehl's Creme de Corps Limited-Edition **Body Lotion**, \$29, and Bottle Art top, \$50; Kiehl's, kiehls.com. Clinique Age Defense **BB Cream** SPF 30, \$37; Clinique counters, clinique.com. Dr. Jart+ Water Fuse **BB Beauty Balm** SPF 25 PA++, \$32; drjartstore.com. Boscia **B.B. Cream** SPF 27 PA++, \$38; Sephora, boscia skincare.com, sephora.com.

## CELEBEAUTIES

**PAGE 86:** Lancôme Mini Le Vernis **nail polish**, \$15, Poudre Lumière **powder**, \$40, and L'Absolu Rouge **Lipcolor**, \$29; Lancôme counters, lancome-usa.com. Yves Saint Laurent Rouge Pur Couture **lipstick**, \$30; sephora.com.

## BEAUTY SHOPPER

**PAGE 90:** Nars Danmari **Palette**, \$65; Sephora. Ouidad Climate Control Defrizzing **Shampoo**, \$18, and **Conditioner**, \$20; Sephora, Ouidad certified salons nationwide, ouidad.com. Crabtree & Evelyn Pomegranate, Argan & Grapeseed Ultra-Moisturizing **Hand**

**Therapy**, \$8; crabtree-evelyn.com. Chanel Illusion D'Ombre Long Wear Luminous **Eyeshadow**, \$36; department and specialty stores, chanel.com. Oscar de la Renta Live in Love **eau de parfum**, \$98; Oscar de la Renta boutiques, select department stores, oscarde la renta.com. Fresh Sugar Passion Oval **Soap**, \$14; Fresh retail stores, fresh.com.

## READY, SET, STUNNING!

**PAGE 150:** Zhush **earrings**, \$138; zhush.com. Lauren G. Adams **cuff**, \$222; maxandchloe.com. Catherine Malandrino **dress**, \$1,050; Catherine Malandrino Boutiques.

**PAGE 152:** Jennifer Behr **headband**, \$168; jenniferbehr.com. Rickie Freeman for Teri Jon **dress**, \$620; terijon.com.

**PAGE 153:** H&M **necklace**, \$12.95; hm.com for stores. Andara **ring**, \$125; maxandchloe.com. Miguelina **dress**, \$450; miguelina.com.

**PAGE 154:** Kevia **earrings**, \$300; kevia.biz. Inge Christopher **clutch**, \$285; ingechristopher.com. Regalia Jewels **ring**, \$160; maxandchloe.com. Vivienne Westwood Anglomania **dress**, \$530; net-a-porter.com.

**PAGE 155:** Rescue Beauty Lounge **Nail Polish**, \$18; rescuebeauty.com. Dolce & Gabbana The Classic **Lipstick**, \$30; saksfifthavenue.com. Dior 3 Couleurs Smoky Eyeshadow **palette**, \$48; dior.com, sephora.com. Stila Sparkle Waterproof Liquid **Eye Liner**, \$22; stilacosmetics.com. Make Up For Ever Diamond **Powder**, \$24; sephora.com. NYX Soft Matte **Lip Cream**, \$6; nyxcosmetics.com.

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# Your merry fill-in-the-blank!

By Melissa Daly

## Dear Santa,



I have been a very \_\_\_\_\_ girl this year.

(adjective that whitewashes a multitude of sins)

I only got \_\_\_\_\_ once (that anyone knows about).

(adjective that leads to ill-advised Facebook-ing)



Tonight, I even helped Daddy put together all 347 \_\_\_\_\_ pieces of Jimmy's new

(expletive)



\_\_\_\_\_. On the kitchen table, you'll find a  
(top toy trend of 2011, frantically purchased from an online discounter whose real business is the sale of your credit-card number)

plate of \_\_\_\_\_ and a glass of milk.

(diabetes-inducing monstrosities lovingly decorated by my 4-year-old)



And I hope your

reindeer like \_\_\_\_\_

(frozen vegetable in our fridge with the oldest sell-by date)



! For Christmas, I'd really,

really like a \_\_\_\_\_

(noun not sold at drugstores or rest-stop gift shops)



In particular, I'd love a new



\_\_\_\_\_ and also a \_\_\_\_\_, and maybe,

(tech gadget responsible for more time gleefully wasted than saved)



if you're feeling especially generous, a trip to \_\_\_\_\_

(a land far, far away—or at least with room service)



if you have any extra time, please bring the kids an \_\_\_\_\_

(overpriced hunk of plastic they'll play with for 30 seconds, then toss aside, like their dad does with my fancy lingerie)



Yours \_\_\_\_\_

(adverb indicating my midnight Christmas Eve emotional state)

(my name)







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